

Feisty Green Beans

101 cookbooks, but she got it from Anna Getty's *Easy Green Organic*.



Off the charts fantastic green beans. Reduce hot paprika and/or crushed red pepper flakes if you don't like the heat.

- 1 pound green beans, thinly sliced (see photo)
- 1/4 cup golden raisins
- 1 tablespoon extra virgin olive oil
- 2 whole garlic cloves, thinly sliced
- 1/2 medium yellow onion, finely diced
- 3 whole bay leaves, or use 1/4 tsp ground bay leaves
- 1/3 cup white wine (I used vermouth)
- 1/4 teaspoon hot paprika (I used half-sharp paprika - a medium in spiciness - and this is half what the original recipe called for)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon curry powder
- 1/2 teaspoon salt
- 1 pinch crushed red pepper flakes (use a very small amount)
- 2 tablespoons unsalted butter
- 1/4 cup crème fraîche, or sour cream
- 1/4 cup sliced almonds, toasted
- 1/3 cup cilantro, finely chopped
- salt and pepper to taste

Vegies/Sides

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

She suggests using a white wine that you'd want to drink after opening. I used vermouth because that's all I had available. And for those of you looking to speed things up, you don't need to slice the green beans, but it was a good call, the sauce gets into all the nooks and crevices.

1. Cook the green beans in a pot of well-salted boiling water for about 2-3 minutes, until they're just barely cooked. Drain and dunk in ice-cold water to stop the cooking. Drain again and set aside.
2. In a small bowl cover the raisins with scalding hot water for five minutes, drain and set aside.
3. Heat your largest skillet over medium heat. When the pan is hot, add the oil, onion, and bay leaves. Cook for 5 minutes, or until the onions are cooked; add the garlic during the last minute. When the mixture starts to brown just a bit, add the wine and cook until it has mostly evaporated. Carefully remove the bay leaves. Stir in the paprika, cumin, coriander, curry powder, salt, crushed red pepper flakes. Stir in the raisins and cook until heated through, a minute or so. Add the butter and green beans and stir until the butter has melted. Remove from heat and stir in the crème fraîche, then most of the almonds and most of the cilantro. Taste and add more salt and some pepper if you like. Serve topped with any remaining almonds and cilantro.

Per Serving (excluding unknown items): 179 Calories; 12g Fat (61.1% calories from fat); 4g Protein; 14g Carbohydrate; 3g Dietary Fiber; 19mg Cholesterol; 193mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 2 1/2 Fat.