

Green Beans with Soy Sauce Dressing

Ingredients

- 1 ½ lbs** Green beans, trimmed at the ends
- 3 tablespoons** soy sauce
- 1 teaspoon** sugar
- 1 tablespoon** sesame oil
- 3 tablespoons** peanut or other vegetable oil
- 6 cloves** garlic, peeled and chopped
- 1** dried hot red chili, crumbled
- salt to taste

Method

Bring a large pot of water to a rolling boil and drop in the beans; cook rapidly for 4 to 5 minutes or until just crisp-tender.

Drain and if not serving soon, rinse under cold water. Leave to drain in a colander.

Mix together the soy sauce, sugar and sesame oil. Set aside.

Put a wok or large cast iron frying pan to heat over a medium flame. When hot put in the peanut oil; it should heat up in seconds.

Put in the garlic and stir once or twice.

Put in the red chili and stir once.

Put in the drained green beans and stir until a few are lightly scorched.

Pour in the soy sauce mixture.

Continue to stir and fry until most of the sauce is absorbed. Turn the heat down and taste for salt; add more as needed.

Stir to mix and serve.

Source: Madhur Jaffrey (6 servings)
