Crafting A Blissful Bungalow



~ Cultivating Creativity for Daily Living ~ ™

Green Beans with Caramelized Shallots

Author: Alexandria's Kitchen

Category: Sides

Preparation Time: 20 min
Cooking time: 60 min total
Servings: 12

A note before you start:
I added a tablespoon of tamari to this recipe which is not in the original recipe. I also think this recipe easily serves 12 as opposed to 8.

Ingredients:

5 to 7 shallots (enough to yield 2 cups sliced)

1/4 cup + 2 Tbsp olive oil

2 lbs green beans trimmed

1 Tbsp tamari

1 Tbsp vinegar of your preference

1 1/2 tsp salt

Step 1: Preheat the oven to 450 degrees

Step 2: Thinly slice the shallots. A mandoline works wonders here but if you don't have one, then just use a knife and slice as thinly as possible.

Step 3: Place 1/4 cup of olive oil in a skillet and set over medium high heat. Add the shallots and when they begin to sizzle, give them a stir and reduce the heat to low. Cook the shallots for 25 minutes or more stirring occasionally until they turn a deep amber color.

Step 4: Line a plate with paper towel. Remove the crispy shallots with a slotted spoon and allow them to drain on the paper towel. Season them with half tsp of salt.

Step 5: Place the green beans on a rimmed baking sheet pan and toss with the remaining 2 Tbsp olive oil and remaining teaspoon of salt. Spread the beans in an even layer and place in the oven for 15 min. After 15 min remove the pan and stir the beans and return to the oven for another 5 to 10 min; until they are just beginning to char at the edges.

Step 6: Remove the pan and toss the beans with the vinegar and the tamari. Transfer the beans to a serving platter and top with the caramelized shallots and serve*. (These beans are also delicious at room temperature.)

Buon Appetito!

Crafting A Blissful Bungalow, LLC
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