

Szechuan Green Beans

Adapted by Our Young Chefs from a recipe by Guy Fieri
Makes 6 to 8 servings

These green beans are stir-fried, or this technique is sometimes called dry-fried, to create tender beans. This recipe calls for chili sauce or paste; if desired, 2 or 3 dried spicy red chilies can be used instead.



INGREDIENTS

1 pound green beans, cleaned

3 green onions, white part only,
cut crosswise into $\frac{1}{4}$ -inch
lengths

3 to 4 cloves garlic, to yield 1
tablespoon finely diced
garlic

1 tablespoon fresh ginger,
grated

2 stems fresh cilantro, to yield
1 teaspoon chopped cilantro
leaves
4 to 6 stems fresh parsley, to
yield 1 tablespoon chopped
leaves

2 tablespoons peanuts, chopped

$\frac{1}{4}$ cup soy sauce
2 tablespoons hot chili garlic
sauce
 $\frac{1}{4}$ cup rice wine vinegar
2 tablespoons hoisin sauce
1 tablespoon mirin *OR* white wine
 $\frac{1}{2}$ teaspoon sesame oil

DIRECTIONS

Prepare the green beans: Wash the green beans in a colander under cool running water; lightly pat dry. Cut or snap off the stem end of each green bean. Leave the green beans whole; set next to the stove in preparation for cooking later.

Green onions: Wash the green onions under cool running water; pat dry. Cut off the root ends and any wilted green parts from the top; discard. Save the green tops for another use. Slice only the white part of the green onions crosswise into $\frac{1}{4}$ -inch lengths. Set the sliced white parts of the onion aside in a small bowl.

Garlic: Peel the garlic cloves. Prepare the garlic by one of three methods: finely dice with a knife, grate using a microplane zester *OR* pass through a garlic press. Measure 1 tablespoon of the diced, grated or pressed garlic. Add to the bowl with the white parts of the green onions; set the bowl with the onion and garlic on the counter next to the stove for cooking later.

Ginger: Rinse the fresh ginger under cool running water. Peel the ginger by scraping the peel with the edge of a spoon. Grate using a coarse microplane *OR* the "spikey" holes on a box grater; measure 1 tablespoon of the grated ginger. Set on the counter next to the stove.

Cilantro and parsley: Wash the fresh cilantro and parsley -- *separately* -- under cool running water; dry by gently tossing in a cloth kitchen towel *OR* using a salad spinner. Remove/cut off the leaves and fine stems; coarsely chop -- *separately*. Measure 1 teaspoon cilantro (to add to the recipe) and 1 tablespoon parsley (for a garnish). Set each next to the stove separately.

Peanuts: Coarsely chop the peanuts; set in a small bowl on the counter next to the stove to use as a garnish.

Prepare the stir-fry flavoring mixture: Measure and combine the soy sauce, chili garlic sauce, rice wine vinegar, hoisin, mirin and sesame oil in a small bowl or liquid measuring cup. Set on the counter next to the stove to use to flavor the stir-fry.



1½ tablespoons canola oil
Green beans (*prepared earlier*)

Stir-fry the green beans: Over medium-high heat, add the oil to a large skillet, wok or Dutch oven; heat until the oil shimmers but does not smoke. When the oil has heated to a simmer, add the green beans; sauté, stirring with a wok tool or pancake spatula to easily “move” the green beans around and scrape the bottom of the skillet, wok or pan. Cook for about 2 minutes or until the green beans begin to blister.



Example of a wok tool (left) and three styles of pancake spatulas that are useful for stir-fry (right)

Ginger (*prepared earlier*)
White parts of green onion and garlic (*prepared earlier*)

Flavor the stir-fry: Turn down the heat to medium. Add the ginger; sauté for 2 to 3 minutes. Add the onion and garlic; sauté for 1 minute longer or until the onion and garlic turn a light golden brown. (Lower the heat if needed so the garlic does not burn.)

Flavoring mixture (*prepared earlier*)
Chopped cilantro (*prepared earlier*)
1 to 2 tablespoons water

Add the flavoring mixture, cilantro and water; cover the pan and steam on medium-low heat for 4 to 6 minutes until the green beans are crisp tender. (If the skillet or pan does not have a lid, cover with aluminum foil, using pot holders to crimp the foil tightly around the top edge of the pan.)

GARNISH
Chopped parsley and peanuts (*prepared earlier*)

Finish cooking, garnish and serve: When the green beans are tender, remove the stir-fry from the heat. GARNISH with the parsley and peanuts, gently toss to incorporate. Serve immediately.
