

# BEANS

## INFO SHEET



# BEANS 101

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Steamed in butter. Yum.

Green beans, string beans, snap beans, and the fancy sounding “haricots verts” (they all essentially refer to the same thing) come in all kinds of colors — green, yellow “wax,” purple, and speckled. Here at Goldbush we grow a green and a yellow dwarf bean and several 'runner' bean varieties that grow very tall but don't do as well in our windy location. Although many of today's beans come from the “string bean” family, most varieties have had the “string” bred out of them. Purple beans will lose their dark color once cooked, so if you want to maintain the rich color, use them raw.

## **How to store:**

When choosing green beans, look for pods that are crisp and tight — not wrinkly. Avoid beans that look like their pods are bulging, as this signals over-ripeness. Place unwashed beans in a loose plastic bag and they will keep for a week. Rejuvenate limp beans by soaking them in ice water for 30 minutes.

## **Handling:**

Do not wash until you are ready to eat them. If you wish, cut the tips off the ends. If your beans still have the string, pull it out with a paring knife.

## **Freezing:**

Beans require blanching as a necessary step to preserve their color and flavor. Use frozen beans within a year.

- Bring a pot of water to a boil. Remove the tips from each end of the beans and cut to desired size. Drop beans into boiling water for 2 minutes or steam for 4 minutes.
- Remove the beans quickly after cooking and dunk in ice water for 2 minutes.
- Dry as best as you can before freezing.
- You can individually quick-freeze beans on a parchment-lined tray and then later package into air-tight freezer bags. Otherwise, package directly in freezer bags in portion-size amounts. (Be aware that they may clump together as they freeze if you do this).





# USING BEANS:

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## **Best Uses:**

Stir Fry  
Raw on a vegetable platter  
Sheet pan meal  
Pan sauté  
Pickled  
Foil Packets  
Gratin  
Salads  
Steamed with butter  
Roasted or grilled  
Soups and stews  
Tossed with pesto  
Rice bowl  
Pasta Salad

## **How to Cook Basic Beans:**

1. Sauté the beans first in a pan, this quickly removes moisture from the beans and concentrates their flavor.
2. Steam the beans - Add a small amount of water to the hot pan of green beans and quickly place a lid on the pan. This steam will finish cooking the beans. Steaming green beans is better than boiling because it preserves a vibrant green color and keeps more nutrients in the beans.
3. Season the beans — Use olive oil, garlic, and red pepper flakes, or use ginger, sesame oil and Chinese spices. You can even try adding a splash of balsamic vinegar, almonds, or goat cheese.



**KIA MANAHAU!**  
**MICHELLE BUSBY**



# BEAN RECIPES:

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## **Cooking Method #1: Roasting**

Heat the oven to 200°C. Toss the beans in a few teaspoons of oil and 1/2 teaspoon of salt. Spread on a foil-lined baking sheet in a single layer. Roast for 20 minutes, until slightly browned.

## **Cooking Method #2: Steaming in the Microwave**

Place 300g of beans in a microwave safe bowl and add 1/4 cup of water. Cover with a dinner plate and microwave on HIGH for 3 minutes.

## **Cooking Method #3: BBQ**

Combine green beans, olive oil, garlic, and salt in a bowl; toss to coat. Allow green beans to marinate for 30 minutes. Preheat BBQ to medium heat and lightly oil the plate.

Place beans on BBQ; cook and stir green beans until lightly charred, about 10 minutes. This works well on a hot frying pan too.

## **Steamed Chive Green Beans**

Farmer Corinna Bench

400g fresh green beans, trimmed

1 Tbsp chopped fresh chives

1 Tbsp chopped fresh parsley

2 tsp butter

½ tsp Dijon mustard

¼ tsp salt

1/8 tsp pepper

Steam green beans, covered, 4–5 minutes until crisp-tender. Remove from steamer. Toss with remaining ingredients. Serve immediately.

## **Green Bean, Grape, and Pasta Tossed Salad**

1 cup chopped pecans (or walnuts)

8 bacon slices

400g fresh green beans, trimmed and cut in half

200g penne pasta

1 cup mayonnaise

1/3 cup sugar

1/3 cup red wine vinegar

1 tsp salt

2 cups seedless red grapes, cut in half

1/3 cup diced red onion

Salt to taste

# BEAN RECIPES:

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Directions for Green Bean, Grape, and Pasta Tossed Salad:

Preheat oven to 180°C. Arrange pecans in a single layer on a baking sheet, and bake for 5 to 7 minutes or until lightly toasted and fragrant.

Cook bacon in a large skillet over medium-high heat 5 to 7 minutes or until crisp; remove bacon, and drain on paper towels. Crumble or chop finely the bacon.

Cook beans in boiling salted water for 5 minutes or until crisp-tender; drain. Plunge beans into ice water to stop the cooking process.

Meanwhile, prepare pasta according to package directions; drain.

Whisk together mayonnaise and next 3 ingredients in a large bowl; add pecans, green beans, pasta, grapes, and onion, stirring to coat. Season with salt to taste. Cover and chill 3 hours; stir in bacon just before serving.

## **Pork and Green Bean Stir Fry**

Recipe by Southern Living

500g ground pork

2 garlic cloves, thinly sliced

1/2 tsp table salt

1/4 tsp ground red pepper

200g green beans

1 Tbsp peanut oil or vegetable oil

3/4 cup triple-ginger or regular teriyaki sauce

1/2 tsp loosely packed lime zest

1 Tbsp fresh lime juice

Hot cooked rice or thin rice noodles

Garnishes: thinly sliced red jalapeño pepper, lime halves

Brown ground pork and next 3 ingredients in a large frying pan over medium-high heat, stirring often, 7 to 8 minutes or until meat crumbles and is no longer pink; drain. Wipe pan clean.

Cook green beans in hot oil in frying pan over medium-high heat, stirring occasionally, 4 to 5 minutes or until just tender and slightly charred.

Stir together teriyaki sauce and next 2 ingredients.

Stir pork mixture into green beans. Stir in teriyaki mixture, tossing to coat. Serve immediately over rice or noodles.

# BEAN RECIPES:

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## **Caramelized Spicy Green Beans**

From Southern Living

400g fresh green beans

2 Tbsp brown sugar

1 Tbsp soy sauce

1/2 tsp red pepper flakes

1 medium-size red bell pepper, sliced

1/2 medium-size sweet onion, sliced

1 tsp peanut oil

3/4 tsp seasoned salt

Cook beans in boiling salted water 1 minute; drain. Plunge green beans into ice water to stop the cooking process; drain well, pressing between paper towels.

Stir together brown sugar, soy sauce, and dried crushed red pepper.

Sauté bell pepper, onion, and green beans in hot peanut oil in a large frying pan over high heat 3 to 5 minutes or until beans look blistered.

Sprinkle with seasoned salt. Remove from heat; add soy sauce mixture to green bean mixture, and stir to coat.

## **Green Beans with Citrus and Pecans**

From Southern Living

800g green beans

1 shallot, diced

3/4 cup olive oil

1 tablespoon orange zest

1/3 cup fresh orange juice

1/3 cup fresh lemon juice

1/4 cup maple syrup

2 oranges, sectioned

1/2 cup chopped toasted pecans (or walnuts)

Whisk together first 6 ingredients. Add salt and pepper to taste.

Cook green beans in boiling salted water, stirring occasionally, 3 to 4 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.

Pat beans dry with paper towels. Place beans and orange segments in a zip-top plastic freezer bag; add vinaigrette, and seal bag. Turn bag to coat beans and oranges. Chill 2 hours.

Sprinkle with pecans before serving.