

Green Bean Casserole New Take on a "Basic" Favorite

You Will Need:

- 1 large pot
- Colander
- 1 large skillet
- 2 ½ qt. baking dish
- 1 ½ lbs. (about 4 cups) fresh green beans, trimmed at both ends, cut into 2" pieces
- ¼ cup olive oil
- ½ lb. (about 2 cups) fresh Cremini mushrooms, thinly sliced
- 2 garlic cloves, grated or minced
- Bechamel Sauce, warmed....**recipe follows**
- Kosher Salt & freshly ground Black Pepper
- 2 tsp. minced thyme leaves
- 5 medium shallots sliced, about 1 1/3 cups
- ¾ cup flour, for dusting shallots
- 2 cups vegetable oil, for frying

Directions:

Preheat the oven to 400 degrees. Bring a large pot of salted water to a boil. Add green beans and cook until bright green and just tender (about 6 minutes). Drain in colander, rinse with cold water until cold and set aside.

Heat olive oil in a large skillet over medium high heat. Add mushrooms; season with salt and pepper. Sauté, stirring occasionally, until mushrooms are browned on the ends, about 4 minutes. Add garlic and cook 1 minute more. Combine green beans, onion mix, Bechamel and thyme in a large bowl and mix well. Taste and adjust seasoning, if necessary. Transfer to a 2 ½ qt. baking dish and set aside.

Dust shallots in flour and shake off excess. Set aside.

Pour vegetable oil into the skillet, heat over medium high heat, until shimmering, about 3-4 minutes.

Fry shallots in batches until golden brown, about 2 minutes. Remove to a paper towel-lined plate and season with salt & pepper.

Top casserole with the shallots and bake until shallots are gold and crispy and

casserole is bubbly and heated through, about 12-15 minutes. Serves 6

Bechamel Sauce ***One of the Basic "Mother" Sauces***

You Will Need:

- A small Saucepan
- A Whisk
- 4 tbsp. Unsalted Butter, ½ stick
- ¼ cup A/P Flour
- 2 cups warm Whole Milk
- 1 Bay Leaf
- 1/8 tsp Ground Nutmeg
- ½ tsp. Kosher Salt
- ground White Pepper

Directions:

Melt the butter over medium heat in a small saucepan, until foaming...do not let brown. Reduce heat to low, add flour and whisk until smooth and the "raw" taste is gone, about 1 minute. Gradually, whisk in milk. Add bay leaf & cook until just thickened, stirring often, about 10 minutes. Add nutmeg & salt.

Season with ground white pepper. Cool sauce slightly.

Discard bay leaf before using.

*****This sauce is one of the basics of French cooking. It's found in pasta dishes and also used in creamed vegetable dishes.**

Makes 2 cups