



# Red Clay Cook-Off Family Style



## *Ginger Garlic Green Beans*

### **Ingredients:**

1 lb. Green Beans, trimmed

1 TBSP Canola Oil

2 Cloves Garlic, Minced

2 tsp Ginger, Grated

1/2 C. Water

2 TBSP Reduced Sodium Soy Sauce

Optional Garnishes: Toasted Sesame Seeds, Sliced Almonds, Caramelized Ginger

### **Instructions:**

Wash and trim the green beans and set aside. Add canola oil to a sauté pan over medium heat and add minced garlic and ginger. Sauté until fragrant. Add green beans and lightly sauté. Add water to the pan to blanch the green beans and allow the water to reduce until there is very little water in the pan. Once water has reduced, deglaze the pan with soy-sauce and reduce slightly. Sprinkle with optional garnishes for added flavor and serve.

**Recipe Notes:** For this recipe, you can blanch your green beans first and use the same pan for sautéing for easier clean up! Add water to the pan, bring to a boil, add the green beans and cook until they are a bright green color and slightly tender (~2 minutes). Drain the green beans and set aside. If you are not going to sauté the green beans immediately following the blanching, place the green beans in a bowl of ice water until cooled to stop the cooking process to keep your green beans crisp and not overcooked. When you are ready to transform the blanched green beans to sautéed ginger garlic green beans, add canola oil to your pan and sauté the garlic and ginger until fragrant. Next, deglaze the pan with soy-sauce and reduce slightly. Sprinkle with optional garnishes for added flavor and serve!