

Salt and Serenity

Crunchy Green Beans²

This recipe is very slightly adapted from the recipe for *Nutty Green Beans* in the October 2013 issue of Chatelaine Magazine. Feel free to substitute any nut you like. Pistachios or almonds would also be yummy.

Serves 4

1/3 cup hazelnuts* (see note below)
1 pound green beans, trimmed
2 Tablespoons Kosher salt
1/3 cup Panko breadcrumbs
1 Tablespoon extra virgin olive oil
1 Tablespoon unsalted butter
Pinch of flaky sea salt (such as Maldon or Fleur de sel) - optional

1. Preheat oven to 350° F. On a baking sheet, toast hazelnuts on middle rack of oven for 10-12 minutes, or until lightly colored and skins are blistered. Wrap nuts in a kitchen towel and let steam 1 minute. Rub nuts in towel to remove loose skins (don't worry about skins that don't come off) and cool completely. Coarsely chop hazelnuts and set aside.
2. Bring a large pot of water to a boil. Add salt and the beans and boil for 3-4 minutes until tender crisp. While beans are boiling fill a large bowl with cold water and ice cubes. Drain beans into a colander and immediately plunge the colander full of beans into the ice water. Drain and pat dry.
3. Heat a large frying pan over medium-high heat. Add Panko breadcrumbs. Stir frequently until lightly toasted, about 2-3 minutes. Add toasted hazelnuts.
4. Add butter and olive oil to pan with the breadcrumbs. Once butter melts, add beans and toss until they are coated with the breadcrumbs and nuts and are heated through, about another 4 minutes.
5. Top with finishing salt if desired.

*Note: Hazelnuts come with a brown papery skin that some find unpleasant to eat. It is recommended that the skin be removed before using them. If you use a different nut, skip this step and just toast in the pan with the breadcrumbs.