



Green Beans Provencal **by Wes O'Neal, Chef Instructor**

Serves 4

Ingredients:

1 ½ pounds of fresh green beans
2 Tablespoons unsalted butter
1 cup of cherry tomatoes, halved
2 cloves garlic, mince
2 Tablespoons shallots, minced
2 Tablespoons of parsley, minced
Salt and Pepper to taste

Equipment:

Large pot of boiling salted water
Large Sauté Pan

Procedures:

1. Have ready a bowl of ice water.
2. Bring the salted water to a rolling boil. Add the green beans and blanch for 2-3 minutes. Plunge directly into ice water. Remove from water and dry thoroughly with paper towels.
3. Heat butter in a large sauté pan. When the butter stops foaming, add the blanched green beans. Sauté for 2-3 minutes.
4. Add the halved tomatoes and a generous pinch of salt. Cook for 1-2 minutes, or until the tomatoes just start to soften.
5. Add the shallots and garlic and sauté for 45 seconds to a minute, being careful not to burn the garlic.
6. Toss with the minced parsley.
7. Adjust seasoning with salt and pepper.
8. Serve at once, or reserve and serve cold or at room temperature.