



Bean there. Done that.

We know beans, now you can too...

Selection and Storage:

It is best to buy beans that are crisp and that snap easily between your fingers. Whether rounded snap or flattened pole, green beans should be fresh looking, with a bright light to dark green color. Make sure the beans are plump and firm, with a velvety feel, and free from any sign of decay. Green beans with rusty spots and scars should be avoided. Generally speaking smaller beans will be more tender. Place green beans in a perforated plastic bag and store them in the refrigerator crisper for up to 1 week. Do not wash them before storing. Wet beans will develop black spots and decay quickly. Wash beans just before preparation. Beans can be frozen for longer periods of time by blanching first in boiling water, rinsing with cold water, draining and finally packing in an airtight container.

Preparation:

Before cooking, trim the stems from the beans. A variety of cooking methods are well-suited to beans such as steaming, simmering or boiling (5-10 minutes) until brighter in color and tender. When you cook purple beans (yes, there are purple fresh beans, too!) they turn bright green. This can be a fun, quick cooking experiment to do with children. To minimize nutrient loss for beans as well as most vegetables, keep the amount of water used in cooking to a minimum.

OC Farm Bureau's Stewed Romano Green Beans with Tomatoes and Olives

- 1 pound Romano (Italian) green beans
- 1 cup fresh chopped tomato, preferably plum
- 1 tablespoon extra-virgin olive oil
- 12 oil-cured black olives, pitted and cut in halves or thirds
- 1 medium onion, halved and thinly sliced
- 1 to 2 tablespoons chopped fresh basil
- 2 cloves garlic, minced salt and black pepper to taste

1. Trim and halve beans crosswise. Set aside.
2. Put oil in a large skillet or wok over medium-high heat.
3. Add onion and cook, stirring, just until soft, about 3 minutes.
4. Add beans and garlic and cook a minute or two, stirring just a few times.
5. Add tomato and olives and cook, covered, until beans are barely tender, about 20 minutes.
6. Check a few times and add 1/4 cup or so of water if needed.
7. Add 1 tablespoon of basil, and salt and pepper to taste. Cook a few minutes more. Makes 4 servings.



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