

# Braised Green Beans

## with Balsamic Reduction and Fried Shallots

Difficulty: Intermediate | Prep Time: 40 min | Serves: 8

Recipe by Draeger's Cooking School

- ½ cup balsamic vinegar
- ¼ cup extra virgin olive oil
- 2 pounds Blue Lake green beans, washed and stem end trimmed
- 1 teaspoon Kosher salt
- 1 teaspoon freshly ground black pepper
- 5 cloves garlic, minced
- Kosher salt and freshly ground black pepper to taste



- ¼ pound shallots, sliced into 1/8-inch slices
- 1 cup rice flour
- 2 cups vegetable oil, for frying

### Preparation:

Pour the balsamic vinegar into a small sauce pan, bring to a boil and then reduce to a simmer until reduced by approximately half. Remove from heat and set aside.

Heat two large skillets over medium heat and divide the olive oil between the two pans. Add the green beans and toss to coat. Add ½ teaspoon of kosher salt and ½ teaspoon of freshly ground black pepper to each pan of beans. Saute for 5 minutes, stirring occasionally, until all beans are heated through.

Add the garlic and stir to distribute but do not let the garlic burn in the pan. Pour 2 tablespoons of water into each pan and cover the pans to steam the beans until tender, about 5 minutes. Remove the pans from the heat and set aside.

Heat the vegetable oil in a heavy sauce pan to 350F. Toss the sliced shallots in the rice flour to coat and shake off excess flour. Working in batches, fry the shallots until light golden brown and crisp. Remove from oil to a cooling rack set over paper towels. Sprinkle with kosher salt. Repeat until all shallots are fried. Set aside for garnishing the green beans.

Just before serving, toss beans with the reduced vinegar to coat. Taste and adjust for seasoning as needed and pour beans onto a large serving platter. Sprinkle the fried shallots onto the green beans for garnish.