

Spicy Green Beans with Garlic

Recipe courtesy Emeril Lagasse, 2001



Recipe Summary

Difficulty: Easy

Prep Time: 10 minutes

Cook Time: 15 minutes

Yield: 4 servings

User Rating: ★★★★★

1/4 cup clarified butter or vegetable oil
3 cloves garlic, thinly sliced
2 small green peppers, (such as jalapeno or serrano), stems and seeds removed, minced
2 teaspoons turmeric powder
2 teaspoons ground cumin
1/8 teaspoon cayenne
1 pound green beans, tough ends removed
1/4 cup water
1 1/2 teaspoons salt
3 tablespoons sesame seeds

In a large saute pan, heat the butter over medium-high heat. Add the garlic slivers, peppers, turmeric, cumin, and cayenne, and cook, stirring, until the garlic begins to turn golden, about 2 minutes. Add the green beans, water, salt, and stir well. Cover and cook over medium-low heat, stirring occasionally, until the beans are tender, 4 to 5 minutes. Add the sesame seeds and cook uncovered, stirring, until toasted, 2 to 3 minutes.

Remove from the heat and adjust seasoning, to taste. Serve hot.

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