

GREEN BEAN CASSEROLE



Ingredients:

30 g (2 TBSP) Butter, divided
80 g shitake button mushrooms, sliced
20 cranks black pepper
2 cloves garlic, crushed
30 g flour
Splash of white wine
250 g Mushroom Demi Sauce - recipe below
400 g Half & half
454 g (1 lb) Blanched & frozen green beans - recipe below
Fried onion topping, separated - recipe below
Salt to taste

Directions:

- At least one day prior, prepare the crispy fried onions, the blanched/frozen beans, and the mushroom demi-glace.
- Preheat the oven to 400 F (200 C).
- Set a cast-iron pan over medium heat and add half of the butter. Once melted, add in the mushrooms, a sprinkle of salt, and 20 cranks of black pepper. Cook the mushrooms until they have browned and given off most of their liquid. Add the 2 cloves of crushed garlic and cook for 30 seconds. Add the other half of butter and sprinkle over the flour and let cook while stirring for about one minute.
- Add a splash of white wine to deglaze the pan and let cook off for 30 seconds. Add 250 grams of the mushroom demi sauce and bring to a simmer where it should start to thicken. Add the half & half and bring back to a simmer, then reduce the heat to low. Continue to simmer while stirring until the mixture has thickened substantially, about 10 minutes.
- Add the blanched and frozen green beans along with a handful or two of the fried onions. Stir everything together. Let cook for 3 more minutes.
- Transfer to a baking dish or keep in the cast iron pan. Add a heading handful of the fried onions over the top and transfer to the oven. Bake for about 10 to 15 minutes until the sauce is bubbling and the onions are crisp. Serve and enjoy.

Crispy Friend Onions

1 large white onion, sliced pole to pole
50 g Cornstarch
Pinch of salt
Peanut Oil to fry in
Salt after frying

Blanched Green Beans

454 g (1 lb) Fresh green beans, ends trimmed and cleaned
Large handful of salt for the cooking water
Bowl of ice water

Mushroom Demi Glazed

1 Eggplant
1/2 head of Cauliflower
1/2 Leak
2 ribs Celery
2 Carrots
2 Portabella mushroom
80 g Shitake mushroom
1/2 Onion
4 cloves of Garlic
10 g Tomato
10 g sheet of Kombu (optional)
Drizzle Olive oil
2.5 kg (about 10 cups) Water
14 g (.5 oz) dried Porcini mushrooms
4 g Salt
4 g Pectin - for thickening (optional)
3 g MSG (optional)

Directions:

- Set a large pot or wok on medium-high heat and add enough oil to fry in (about 1 inch up the pan). Bring the temperature to 325 F (163 C). Set up a wire rack over a baking sheet for later.
- Meanwhile, slice the onions from pole to pole and press them with a paper towel to get rid of some excess moisture. Add the onions to a bowl along with the corn starch and a pinch of salt over the top before roughly mixing them together.
- Once the oil is hot, add the onions in batches being sure not to overcrowd the pan. Fry while continuously agitating with a slotted spoon or fork until they just begin to turn brown and are crispy. Using a slotted spoon, transfer the fried onions to the baking sheet and a sprinkle of salt over the top. Repeat until all the sliced onions are done.
- To store, keep in an airtight container at room temp for up to one week or add the entire sheet tray to the freezer for at least 45 minutes. Transfer the frozen fried onions to a container or freezer bag until ready to use.

Directions:

- Set a large pot of water onto boil along with a big 4 finger pinch of salt.
- Trim the ends off the green beans and chop into the desired length (roughly 1-inch pieces work great for the casserole.) Wash the beans under the sink. Get out a bowl of water and fill it with ice.
- Once the water has boiled, add the green beans and set a timer for 2 minutes. Once the time is up, strain off the blanched beans and add them to the ice water. Let cool for 3 minutes then strain through a colander.
- To freeze, either set on a cookie sheet and place in the freezer for 1 hour before transferring to freezer bags or dry off and add to vacuum seal bags and toss in the freezer. The color and freshness of the green beans should last 6 months or longer.

Directions:

- Preheat oven to 325 F (163 C).
- Shave all of the vegetables with a peeler, mandolin or slice with a knife. Transfer to a baking sheet. Add the tomato paste and break up the kombu sheet. Add a drizzle of oil over the top and mix everything together.
- Add the tray to the oven and roast the vegetables for about 1.5 to 2 hours, making sure to stir them occasionally to avoid burning.
- Once roasted and fairly dehydrated, add the vegetables to a dutch oven or stockpot and fill with water. Return the pot to the oven and let simmer for 45 minutes.
- Meanwhile, mix the salt, pectin, and MSG in a small bowl.
- After 45 minutes, strain the vegetables from the broth. Return the broth to a saucepan and take note of the volume with a wooden spoon. Over medium heat, reduce the broth to half of its volume. For the last 10 minutes, add the dried porcinis to let steep in the liquid.
- Once reduced, whisk the salt, pectin, and MSG mixture into the demi-glace. It should thicken up and be a little sticky due to the pectin.
- 250 g will be needed for the casserole, the remaining can be poured into an ice cube tray and frozen for sauces at a moment's notice. Transfer to a bag or container once frozen solid.