

Garden Green Beans

2 LB. FRESH GREEN BEANS

WATER

SALT & PEPPER

1/4 CUP COOKING OIL

1 OR 2 TBSP. GRANULATED SUGAR.

Strip ends off green beans and snap into 1" sections. Place in bowl. Pop beans out of larger beans that seem too tough to cook.

Wash your beans and add to pot and cover with water. Add 1 1/2 tsp. salt and 1/2 tsp. black pepper. Add oil and sugar.

Bring to a boil and boil until there is almost No Water in the bottom of the pot. When the water is almost gone the beans will begin to sizzle and you need to stay in kitchen during last stage.

The oil and sugar will then begin to caramelize in the bottom of pot and form brown edges. Once this begins, take them off element before they burn, but make sure and leave them on as long as you can. Put about 1/2 cup water in and deglaze the pot so the caramelization is in the beans not on the pot.

Smash them a little breaking them apart some.

“The key to the right flavor is not how long you cook them; it is the oil and sugar and cooking down with no water to caramelize.”