Cooking at the Cottage

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Haricots Verts with Tarragon Butter

Serves 6-8

These tender haricots verts are tender-crisp and flavorful. Easy to prepare, the beans are blanched in salted water, then quickly plunged into an ice bath to preserve their bright green color. The beans are then tossed and reheated in an simple sauce flavored with white wine, lemon, shallots, and tarragon. This fresh dish brightens the menu with additional layers of flavor.

Ingredients:

3 tablespoons butter
1 large shallot, finely chopped (1/4 cup)
2 cloves garlic, minced
2 pounds haricots vert, ends trimmed
1/2 cup dry white wine
1 lemon, zest and juice (about 3-4 tablespoons)
2 sprigs fresh tarragon, leaves minced
Kosher salt and freshly ground pepper

Directions:

1. Blanch the green beans. Boil the green beans in a large pot of salted boiling water until just cooked, about 3 minutes, then stop the beans from cooking by plunging them into a bowl of ice water. After the beans have cooled, drain them well.

2. Meanwhile, prepare the sauce. In the large sauté pan, sauté the shallot in 3 tablespoons of butter. Add the garlic, and sauté for another minute. Add the lemon juice and white wine, and simmer until bubbling and the liquid has reduced. Add the tarragon, and cook for another 2 minutes.

3. Toss and reheat the blanched beans in the sauce. Garnish with lemon zest. Serve immediately.