



NICHOLAS RIZZO'S GREEN BEANS AMANDINE

Amandine is a culinary term indicating a garnish of almonds. Dishes of this sort are usually cooked with butter and seasonings, then sprinkled with whole or flaked, toasted almonds. The term is often misspelled “almondine” in American cookbooks. The addition of lemon is believed to be of French origin.

This recipe is an adaptation of the Kendall College Culinary School recipe with a few clarifications and changes.



1 lb. of trimmed green beans cooked yields about 2 cups (raw 3 cups). Depending on the size of your servings it will serve 2 (1 cup servings) or 4 (½ cup servings). The recipe below is for a half pound of green beans.

Ingredients

8 ounces fresh green beans
1 to 2 cups low-sodium chicken stock (preferably organic)
½ ounce butter
½ ounce almonds, sliced
1 garlic clove, minced
White pepper
Kosher salt
Juice of 1 lemon

Directions

1. Cut the ends off of the green beans if desired, and rinse. Get a large bowl of ice water ready.
2. Combine the chicken stock, a generous helping of salt and enough water to cover the green beans and bring to a boil.
3. Drop the green beans into the salted boiling water for two to three minutes. Immediately remove and plunge them into the bowl of ice water to fix the bright green color and halt the cooking process. Drain and shake off any excess water when cold.

Note: do not let the green beans stay in the water after they are chilled as the salt will leach out into the water.

4. Melt the butter in a sauté pan. Add the almonds and garlic and cook just until the almonds are lightly browned. Do not burn.
5. Add a pinch of white pepper and salt.
6. Add the lemon juice and the almonds will almost immediately turn brown.
7. Immediately place the green beans in the skillet with the almond butter. Toss and cook the beans for a minute or two to finish.