

CHANTERELLE GREEN BEANS

Serves 4 adults

INGREDIENTS

1 lb. fresh green beans, stems removed	1/4 lb. fresh chanterelle mushrooms
2 T. dry sherry	1 oz. hazelnuts, skins removed (optional)
1 stick butter (or substitute olive oil)	sea salt & black pepper

DIRECTIONS:

Rinse the green beans. Place a steamer basket in a large pot with about an inch of water and bring to a boil. Steam the beans for 10 – 12 minutes, or until just tender.

Meanwhile, brush off any dirt or forest debris from the chanterelles. If they are especially dirty or have trapped dirt, use your kitchen sink spray nozzle to quickly rinse them. Allow them to drain briefly, pat them dry, then slice them about 1/4 inch thick.

Heat 1/2 stick of butter (or oil) in a large skillet over medium heat. Add the sliced chanterelles. Stir the mushrooms occasionally while cooking. They will begin to release their water. When the liquid has evaporated completely, continue to cook for another



minute or two to brown the chanterelles slightly. Add the dry sherry and cook for 2 – 3 minutes or until the sherry has reduced to a syrupy consistency. Remove from heat and set aside. Toast the hazelnuts in a dry pan over medium heat, shaking the pan constantly to prevent burning. Continue to toast the hazelnuts until they begin to brown and become fragrant. Remove the hazelnuts to a cutting board, allow to cool slightly, then chop them very coarsely. Return the nuts to the pan over medium heat with the butter. Cook for about two minutes or until the butter foams slightly and the nuts are a toasty golden-brown. Remove from the heat immediately.

Add the steamed green beans to the skillet with the warm chanterelles. Add coarse sea salt and black pepper to taste and toss together to combine. Heap the green beans and chanterelles in a serving dish, top with the toasted hazelnuts and a generous sprinkling of sea salt.



Credit: Adapted from a recipe at Earthy.com

*Look for more recipes on our website:
2AngelsMushrooms.com*