

Honey Creole Mustard Green Beans

By Katie Workman

And then that moment of summer arrives when the green beans are piled so high at the markets, and being sold at such a low price, that you feel like you'd be a fool not to pick up a pound or two or five. I mean they are practically giving them away for free. (And if you have a garden, then you may be trying to give away a pound or two or five.)

So you bring home that hill _ or mountain _ of green beans, and you have to figure out what to do with them.

Sauteing some green beans in a bit of olive oil and butter and then finishing them off by adding some water or broth to the pan and steaming them _ that's the way I go most of the time. Quite delicious, with a nice dusting of salt and pepper, and they go with everything. After a few days though, my family starts to look at me with flickers of boredom in their eyes. And I still have mountains of beans to climb.

That's where bean salads come into play. A great late-summer, early-fall way to put those beans to use. Not to mention bean sal-



ads are portable, picnic-worthy and can be made ahead of time.

This one is so simple _ really just beans with a vinaigrette. A day in the fridge will deepen the flavour.

If you wanted to go for a warm bean salad, skip the ice-water bath and cook the beans for about 5 minutes until still crisp tender.

Drain and toss the warm beans with the vinaigrette, then let cool slightly. The beans will continue to soften a bit as they cool in the vinaigrette, so make sure to drain them before they are too tender.

Creole mustard is a coarse, stone-ground mustard, zippy and with a nice, nubby texture. Once this ingredient becomes part of

your pantry, it will never NOT be there. Any Louisianan will tell you, don't you dare make a remoulade sauce without it. But if you wanted to use a coarse Dijon, that will also work just fine (just don't shoot your mouth off about it down South).

HONEY CREOLE MUSTARD GREEN BEANS

Servings: 4 to 6

Ingredients:

1 1/2 pounds green beans, trimmed

1 tablespoon honey

1 tablespoon Creole mustard

1 tablespoon apple cider vinegar

1 tablespoon extra virgin olive oil

1/2 teaspoon salt, plus more if needed

Freshly ground black pepper to taste

Method:

Bring a large pot of salted water to a boil. Fill a medium-size bowl with ice water.

Add the green beans to the boiling water and cook until just tender, 6 to 8 minutes. Drain well, and plunge them into the bowl of ice water. Drain when they have cooled.

While the beans are cooking, in a large serving bowl, whisk together the honey, Creole mustard, vinegar, olive oil, 1/2 teaspoon salt, and pepper.

Toss the cooled green beans in the dressing, taste and adjust seasonings as needed, and serve at room temperature. - The Associated Press.

A Fresh Take On The Green Bean Casserole

By Katie Workman

For the holidays, there are people who absolutely love a classic green bean casserole made with condensed soup, canned beans and packaged fried onions.

I get the nostalgia. And the thought is a winning one: tender green beans enveloped in a creamy sauce and topped with crispy crunchy oniony things.

But how about a fresher take on the concept?

Here, shallots are crisped in oil (which then can be used for sauteing other things, as it will be nicely infused with the flavour of the shallots). Those will go on top.

Haricot verts are thin, young green beans that are more tender than their sturdier, string bean cousins. They are also a bit pricier, but this is a holiday, after all, and you are reinventing a classic, so it's worth seeking them out.

And the sauce is a lovely medley of sauteed fresh mushrooms and a blend of broth and half-and-half that is just creamy and thick enough, but still on the delicate side, so the flavours of all those

fresh ingredients can come right on through.

MODERN GREEN BEAN CASSEROLE

Serves 10

CRISPY SHALLOT TOPPING

5 shallots, very thinly sliced
Canola or vegetable oil for frying

Kosher salt to taste

GREEN BEAN CASSEROLE

2 pounds haricot verts, ends trimmed

2 tablespoons butter
1 pound mushrooms, wiped clean and roughly chopped (any kind of mushrooms, button, crimini, wild, whatever you like)

3 shallots, minced
3 tablespoons flour

2 cups chicken or vegetable broth

1 cup half and half
Kosher salt and freshly ground pepper to taste

Fresh parsley or chervil to garnish (optional)

Preheat the oven to 400 degrees F. Butter a shallow 3-quart



casserole. Bring a large pot of salted water to a boil.

Line a plate with paper towels. Place the five sliced shallots in a small saucepan and pour in canola or vegetable oil to cover. Place the pan on the stove, turn the heat to medium and allow the shallots to cook, stirring occasionally until they turn medium brown. Drain them in a fine-mesh sieve, reserving the oil for another use, then turn the shallots onto the paper-plate lined plate and blot with another paper towel. Sprinkle with salt.

Fill a large bowl with water and some ice. Plunge the haricot verts into the pot of boiling water, and cook for about 5 minutes, just until crisp tender. Drain and plunge the partially cooked green beans into the ice water to stop the cooking. Drain.

Melt the butter in large skillet. Saute the mushrooms until they're browned and any liquid they have released has evaporated, about 6 minutes. Add the three chopped shallots and saute for another 2 minutes until the shallots are slightly softened. Sprinkle the

flour over them, and continue to saute for another 2 minutes until the flour coats the mushrooms well, and turns golden. Slowly pour in the broth while stirring. Stir in the half and half, and continue to cook, stirring frequently, until the liquid thickens. Add the partially cooked green beans. Turn into the prepared casserole. Bake until hot and bubbly, about 15 minutes. Sprinkle the crispy sliced shallots over the casserole and bake for 5 more minutes until shallots are hot and re-crisped. Serve hot.

Three Varieties Of Bite-Sized Mini Pizzas

By Gaurav Chadha, in-house chef at Dr. Oetker India Pvt. Ltd

Ingredients:

For Chilli and Cheese Pizza

1 Green chilli, chopped

1/2 medium Onion, chopped

1/4 tsp Red Chilli Flakes

1/4 Green Capsicum, chopped

Salt

1 tbsp Pizza Topping

1 Mini Pizza Base

50 g Mozzarella Cheese, grated

For Paneer and Olive Pizza

50 g Paneer, chopped

2-3 Black Olives, chopped

Black Pepper Powder

Salt

1 tbsp Dr. Oetker FunFoods

Pizza Topping

1 Mini Pizza Base

50 g Mozzarella Cheese, For

Corn and Jalapeno Pizza

2 tbsp (30 g) Corn Kernels

1-2 Jalapenos, chopped

1 tbsp Pizza Topping

1 Mini Pizza Base

50 g Mozzarella Cheese, chopped

Method:

For Chilli and Cheese Pizza- In a bowl, add green chilli, onion, chilli flakes, capsicum and salt. Mix well.

Spread pizza topping equally on pizza base, place above mix and top it up with cheese.

For Paneer and Olive Pizza- In a bowl add paneer, olives, black pepper powder and salt. Mix well.

Spread pizza topping equally on pizza base, place above mix

and top it up with cheese.

For Corn and Jalapeno Pizza- In a bowl, add sweet corn and jalapenos. Mix well. Spread pizza topping equally on pizza base, place above mix and top it up

with cheese.

Preheat oven to 180°C. Place all 3 pizzas and bake in pre-heated oven for 3-4 minutes or until cheese melts & pizza base turns light brown in colour. Serve hot.



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