

THAI BRAISED YARDLONG BEANS

Long beans are very important in Thai cuisine. This is a seriously delicious, traditional dish

By Chef Kurt Kwiatkowski, MSU Culinary Services

Featured Food: Yardlong Beans

Yield: Serves 4

Ingredients

2 T. canola oil	2 c. vegetable broth
1 lb. Yardlong beans, trimmed and cut into 2" pieces	2 T. fish sauce
½ c. julienne cut onion	3 T. soy sauce
½ c. match stick carrot	1 T. rice wine vinegar
2 Thai peppers, sliced thin	2 T. chopped fresh cilantro
2 c. thin sliced Napa cabbage	Black pepper as needed
1 T. minced fresh ginger	2 T. chopped roasted cashews
1 T. minced fresh garlic	

Preparation

Heat a large braising pan or a large heavy skillet over medium high heat; add oil. Once oil is hot add beans and onions and sauté for 5 minutes. Add carrots, peppers, and cabbage; sauté an additional 2 minutes. Add ginger and garlic; sauté for an additional minute, always stirring.

Deglaze pan with vegetable broth and bring to a low boil, reduce heat to simmer and add fish sauce, and soy sauce. Simmer for 10-12 minutes or until beans are tender .

Remove from heat. Add vinegar and cilantro. Taste and adjust seasoning with soy sauce and black pepper as needed. Garnish with cashews and serve.

Chef Kurt Kwiatkowski was inspired by a Thai dish called Stir-fried Long Beans with Basil that he enjoyed at Naing Myanmar Family Restaurant. Blending sautéed yardlong beans with Asian Braised Cabbage, a dish Chef Kurt originally prepared at Lansing's Farmers Market at the Capitol, makes this recipe extra-delicious. Chef Kurt is Executive Chef for MSU Culinary Services.