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
1 lb. Yardlong beans, trimmed and cut into 2” pieces
½ c. julienne cut onion
½ c. match stick carrot
2 Thai peppers, sliced thin
2 c. thin sliced Napa cabbage
1 T. minced fresh ginger
1 T. minced fresh garlic

2 c. vegetable broth
2 T. fish sauce
3 T. soy sauce
1 T. rice wine vinegar
2 T. chopped fresh cilantro
Black pepper as needed
2 T. chopped roasted cashews

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.