

Spicy Dry-Cooked Long Beans Recipe (Chinese Recipes)

Ingredients: Serves 4-6

1 lb (500 g) long beans or green beans, trimmed

2 tablespoons canola or peanut oil

For the sauce:

2 tablespoons low-sodium chicken broth

1 tablespoon each black vinegar and dark soy sauce

½ teaspoon each tomato paste and Sriracha chile sauce

½ teaspoon cornstarch

¼ teaspoon sugar

2 cloves garlic, minced

3 tablespoons minced celery

2 tablespoons minced green scallions

1 tablespoon peeled and minced fresh ginger

¼ lb (125 g) ground or minced pork

1 tablespoon seeded and minced fresh hot red chili

2 tablespoons rinsed and minced Sichuan preserved vegetable

Method:

Cut the beans into lengths measuring 3-6 inches (7.5-15 cm). In a wok or large sauté pan over high heat, heat 1 tablespoon of the canola oil until very hot. Add the beans and stir-fry until they begin to char and blister, 7-10 minutes. Transfer the beans to a bowl. Set the pan aside without rinsing. To make the sauce, in a bowl, stir together the broth, vinegar, soy sauce, tomato paste, chili sauce, cornstarch and sugar. Return the pan to high heat, add the remaining 1 tablespoon oil, and heat until very hot. Add the garlic, celery, green scallions and ginger and stir-fry until very fragrant, about 2 minutes. Stir in the pork, chili and preserved vegetable and continue to stir-fry until the pork is opaque, 2-3 minutes. Return the beans to the pan and stir-fry for 2 minutes to heat through. Pour the sauce over the beans and stir-fry until the sauce reduces and thickens, 3-4 minutes. Transfer to a warmed bowl and serve at once.

Note: The term Sichuan preserved vegetable refers to radishes, mustard greens, napa cabbage, or turnips that have been pickled in vinegar, salt, chili paste and Sichuan peppercorns. The pickled vegetables have a salty taste and crunchy texture. They are sold wrapped in plastic or in cans or earthenware jugs. Rinse before use to remove excess brine.