

Spicy Long Beans Recipe

Ingredients:

15 long beans
4 tablespoons oil
1 tablespoon fish sauce
1 teaspoon sugar
100 ml water

Spice paste:

1 stalk lemon grass, sliced (use only the bottom white tender part)
3 slices galangal, peeled and sliced
3 red chilies
5 candlenuts
1 tablespoon dried shrimp paste
10 shallots, peeled
5 cloves garlic, peeled

Method:

Cut long beans into 5-cm lengths, wash, and drain. Grind spice paste ingredients until fine. Heat oil in a wok over medium heat and fry spice paste until thickened and fragrant, 5 to 7 minutes. Add long beans, fish sauce, and sugar and stir-fry for 5 to 7 minutes, until beans are tender. Sprinkle water over as you fry. You may not need all of the water. When done the beans should be moist but not soaked in liquid. Serve with steamed hot rice.

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