

# Carrboro

# FARMERS' MARKET

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Recipe of the Week

June 30, 2007

**Green Beans from the Brittany Coast**  
*from Kelly Clark, Market Staff and Volunteer*

Snap beans and potatoes are in good supply at the Market these days and this is one of my favorite recipes that marry these two vegetables. I can't improve upon the original, which comes from the cookbook "From a Breton Garden" by Josephine Araldo and Robert Reynolds, but I will give you some options for herbs that can be substituted for the parsley, as there are many that enhance the flavor of both beans and potatoes.

### Ingredients

1 1/2 pounds green beans\*, cut in 1/2 inch lengths  
1/2 pound very small new potatoes\*, peeled  
1 small bunch scallions or 2 shallots, chopped  
2 cloves garlic\*, minced  
4 tablespoons butter  
1/4 cup chopped parsley\*  
Salt and freshly ground pepper

### Procedure

Blanch the vegetables in boiling salted water, first the green beans until tender, 4 to 6 minutes, then the potatoes until they can be pierced easily with a skewer. Drain the vegetables when they are cooked and reserve.

While the vegetables blanch, sauté the scallions and garlic in the butter until limp. Add the blanched vegetables to the scallion/garlic mixture. Stir to coat with butter, adding to taste. Toss in the parsley and season with salt and pepper. Serve very hot. **Serves 6**

### Variations

Use all different kinds and colors of potatoes, there are so many wonderful varieties available in the Market. Use yellow snap beans\* instead of green, or a mixture of both. Substitute the parsley for one of these herbs; basil\*, chives, dill\*, lemon thyme or mint\*. Add crumbled bacon\* or chopped anchovies as a garnish.

"From a Breton Garden" published in 1990 by Addison-Wesley Publishing Company, Inc., ISBN # 0-201-51759-0.

**\*Available at Market**