

DILLY BEANS

by radish*rose

Adapted from [Moosewood Restaurant Cooks at Home: Fast and Easy Recipes for Any Day](#)

Ingredients:

1 lb. stemmed fresh green beans
2 T. chopped fresh dill
2 lg. garlic cloves, pressed
1/4 tsp red pepper flakes (or to taste)
1/3 c. apple cider vinegar or sherry vinegar
1/2 tsp. sugar
generous pinch of sea salt
1 tsp. olive oil (optional)

Equipment: Pot large enough to hold your beans + enough water to cover them. Large bowl to hold cold water to stop the beans from cooking. Small saucepan to make the dressing. Pretty serving bowl.

Method:

To make the beans: Fill your pot with water (leave maybe 2" of headroom at the top though, so when you put the beans in it won't slosh over the sides). Fill your large bowl with cold water (also leave headroom here). Some people put ice in the water, but I don't bother - you can if you want to though. Bring the water to a boil. Add the beans and simmer them for 3-5 minutes - they should still be bright green. Drain the beans, then place them into the bowl of cold water, and leave them there for about 10 minutes to stop the cooking (this is a good time to make your dressing!). Drain them after 10 minutes in the cold water, so they don't get soggy. You can let them sit in a colander while you finish the dressing.

To make the dressing: Combine the vinegar, garlic, red pepper flakes, sugar, and salt in a small saucepan. Bring to a boil over high heat, then turn the heat down to low and simmer for 2 min. Remove from heat and stir in olive oil (if using).

To assemble: Place the cooked, drained beans in your serving bowl, and toss with the fresh dill. Pour the dressing over all and toss. You can now EAT THEM RIGHT AWAY, nom nom nom, or you can refrigerate them for up to 4 days and let them marinate in the dilly, garlic-y goodness! Enjoy!

Original post: <http://radishrose.net/2014/10/01/spicy-garlic-dilly-beans/>

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