

Gujerati Sem (Gujerati-Style Green Beans)

Madhur Jaffrey

Madhur Jaffrey's Indian Cooking



A simple, spicy vegetable side dish...

Servings: 4

This is very simple way to cook green beans. This dish goes well with Indian meals and with grilled and roasted meats. Gujeratis often cook green vegetables with a little baking soda to preserve their bright colours. Apparently, this kills the vitamins. Blanching the beans and rinsing them under cold water preserves both colour and nutritional value. The blanching and rinsing can be done considerably ahead of time, enabling the final cooking to be done just before serving.

The heat can be toned down by omitting the chile, or discarding its seeds and using just the skin for flavour.

1 lb green beans, trimmed and sliced

4 tbsps vegetable oil

1 tbsp black mustard seed

4 clove garlic, peeled and minced

1 chile, crushed

1 tsp salt

1/2 tsp granulated sugar

freshly ground black pepper

Start to Finish Time: 25 minutes

Blanch beans by dropping into pan of boiling water and boiling rapidly 4 to 5 minutes or until just tender.

Drain immediately and rinse under cold running water. Set aside.

Heat oil in large frying pan over medium heat. When hot, add mustard seeds. When seeds pop, add garlic. Stir until garlic turns light brown.

Add crushed chile and stir again.

Add green beans, salt, and sugar. Reduce heat to medium-low and continue stirring 7 to 8 minutes, or until flavour of seeds is absorbed.

Add pepper, stir, and serve.

Per Serving (excluding unknown items): 162 Calories; 14g Fat (72.2% calories from fat); 2g Protein; 10g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 540mg Sodium. Exchanges: 2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.