

# EMILIO'S BEAN SALAD RECIPE



**Serves 4**

# Ingredients List

Red dry wine

Green beans

Garlic

Olive oil

Oregano

Salt

Pepper

Vinegar

Pour a large glass of dry red wine.  
My favorite is Robert Modavi Special Reserve



# Green Beans

- 1 pound green beans



- Snip both ends, this allows seasonings to penetrate



## Cooking instructions

4 quart pot, add 1 tablespoon of salt. When water is at full boil add beans.

Do not **overcook** ,blanching should only take 3-4 minutes maximum.



To preserve the “Al dente” texture, strain under cold water and allow to drip dry in a colander.

To avoid beans going limp, excess water in the beans, can be removed by towel drying.

Refrigerate for 1 hour in an uncovered bowl



## FINAL PREPARATION

(Use salad bowl or presentation platter - add remaining ingredients)

- Green beans
- Chop or crush garlic to preferred taste  
(Garlic Taste Chart)
- 4 tablespoons olive oil  
(Extra virgin means nothing to this recipe)
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 ½ - 2 tablespoons of oregano  
(One of the few times dry instead of fresh)



# Another glass of red wine



## Garlic Taste Chart

Use fresh garlic only

Mild / Beginners - **one third** clove



Medium / Connoisseurs—**half** a clove



Strong / You smell for 3 days – **full** clove



## Final preparation cont'd

- is a circular motion, but without the strength and pressure of an Olympic athlete mill the oregano in the palms of your hands, allowing fine oregano into the bowl, while retaining larger stems, pieces and twigs, discard.
- **DO NOT ADD VINEGAR UNTIL READY TO BE SERVED. AT THIS STAGE BEANS CAN KEPT IN YOUR REFRIDGERATOR USING A SEALED CONTAINER FOR UP TO DAYS.**
- Original recipe calls for white vinegar but I have strayed to balsamic, personal choice either is fine. Add 2 tablespoons.
- Toss lightly and serve.



Celebrate with a final glass of wine

