

STIR-FRIED GREEN BEANS WITH COCONUT

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Source: Epicurious

Serves 4 (My recipe serves 16)

- 3 (6) tablespoons canola oil
- 2 (8) teaspoons yellow split peas
- 1 (4) tablespoon black mustard seeds
- 1 (4) teaspoon hulled black gram beans (*urad dal*)
- 3 (6) whole dried red chiles
- 8 (32) fresh curry leaves, torn into pieces
- 1 (4) teaspoon cumin seeds
- 1/8 (1/2) teaspoon asofoetida powder (Hing) (Giant Fennel powder)
- 1/2 (2) cup unsweetened shredded coconut
- 3/4 (3) pound green beans, both ends trimmed, beans cut on an angle into 1-inch pieces
- 1 (3) teaspoon salt, or to taste
- 1/2 (2) teaspoon saambhar powder or rasam powder (I used Rasam powder)
- 1 (1 or 2) cups water

Combine the oil, yellow split peas, and mustard seeds, if using, in a large wok, *kadai*, or frying pan over medium-high heat. (300-350 on electric wok) Cook, stirring, until the split peas turn golden brown. 1 to 2 minutes. (Cover if using mustard seeds—they pop and splatter—and cook until you hear them crackle.) Add the *urad dal*, chiles, curry leaves, if using, and cumin and cook uncovered, stirring, 1 more minute. (Stand back if using curry leaves; they spit when they hit the oil.)

Add the asofoetida, if using, and 1/4 (1/2) cup of the coconut and cook, stirring, 30 seconds. Add the beans and salt and cook, stirring, 5 minutes. (adjust the temperature so you don't burn the coconut)

Add the remaining 1/4 cup (1 1/2 cup) coconut, the saambhar or rasam powder, if using, and the water. Bring to a simmer, cover, and cook until the beans are tender, about 10 minutes. (I did 5 minutes until the beans are just *el dente*.)

Uncover and cook, stirring often, until all of the water has evaporated, about 5 more minutes. Taste for salt, plate, sprinkle with a little coconut and serve hot (or room temperature).

Joann's Notes: I made enough for 16. My notes are in blue! I would make this again.

