

Stir-Fried Green Beans with Wild Mushrooms

Servings: 8

Ben Lierman Clark Appliance

1 tablespoon vegetable oil
1 pound wild mushrooms, shiitake, cremini, and/or oyster. Cleaned and quartered
8 cloves fresh garlic, sliced
2 each shallots, sliced thin
1 pound Fresh green beans, trimmed and blanched
¼ cup dry sherry
¼ cup heavy cream
1 tablespoon butter
Salt and pepper, to taste
¼ cup croutons, seasoned, crushed

Preheat a large wok over medium – high heat. While your wok is heating, blanch the green beans: Bring 1 ½ quarts of water to a rolling boil, add a pinch of kosher salt. Add the beans to the pot and cook 3-4 minutes, until bright green and tender-crisp. Drain immediately and shock in a bath of ice water.

To the very hot wok, add the vegetable oil, and swirl carefully to coat. Add the wild mushrooms and stir fry until they begin to turn golden, and begin releasing their juices, approximately 5 minutes. Add the garlic and shallots. Continue stir-frying the mixture until the garlic and shallots turn golden, about 4 minutes.

Add the green beans and stir to coat. Cook 2 minutes. Add the sherry to the hot pan, and cook until half of the liquid is remaining. Add the heavy cream and cook until slightly thick and the bubbles are very large. Remove the wok from the heat, mix in the butter to finish, remove to a platter and top with the crushed croutons.