

SPICY GREEN BEANS

INGREDIENTS

1 POUND GREEN BEANS
10 SHRIMP HEADS
1 TABLESPOON OLIVE OIL
1 TABLESPOON SWEET PAPRIKA
2 TABLESPOONS WHITE WINE
2 CLOVES GARLIC, THINLY SLICED
1/2 RED ONION, THINLY SLICED



TIME & SERVINGS

20 MINUTES
4 SERVINGS

HERE'S HOW

1 BLANCH GREEN BEANS IN A LARGE POT OF BOILING, SALTED WATER UNTIL BARELY TENDER. DRAIN BEANS, PUT INTO ICE WATER TO COOL RAPIDLY, DRAIN.

2 SAUTE SHRIMP HEADS IN OIL FOR 3 MINUTES, LOWER HEAT, ADD PAPRIKA AND WINE, COOK 2 MINUTES MORE. POUR MIXTURE INTO STRAINER USE A SPOON TO FORCE THE LIQUID INTO A SMALL BOWL. RESERVE SAUCE DISCARD SOLIDS.

3 WIPE OUT FRYING PAN WITH A PAPER TOWEL, HEAT OIL AND ADD GARLIC AND ONION, SAUTE UNTIL TRANSLUCENT, ADD BEANS AND RESERVED SAUCE AND COOK UNTIL HEATED THROUGH.

NOTE: IF, BY SOME WILD CHANCE, YOU DON'T HAVE SHRIMP HEADS IN YOUR FRIDGE, USE TWO ANCHOVY FILETS OR CREATE YOUR OWN 'FISHLESS' VARIETY.

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MUSINGS ON FOOD AND COOKING
FROM A VERMONT KITCHEN