

Green Bean Salad with Pecans

This is a development of a bean salad with walnuts by Mr Stein. I find walnuts can be a bit strenuous at times and thought the gentler flavout of pecans would give a more appealing result; they still go perfectly well with walnut oil. Since I also had some wonderful, juicy summer garlic, I couldn't resist the addition of a little garlic combined with the sweetness of white balsamic vinegar to complete the dressing.

Planning

serves:	4
prep time:	20 mins
cooking time:	3 mins

Ingredients

250g fine green beans,
trimmed & halved
50g shelled pecan nuts,
roughly chopped
1 very small clove garlic,
crushed with salt
1 tsp white balsamic vinegar
1 tbs walnut oil
salt & pepper

Method

Cook the beans in boiling, salted water until they are slightly tender but retain some bite. This will take about 2 - 3 minutes depending upon thickness. Refresh them in cold water to arrest their cooking and let them cool completely Dry them, either in a clean tea towel or salad spinner.

Mix the crushed garlic with the white balsamic vinegar, then add the walnut oil. Add a few grindings of black pepper and a little salt if necessary (it depends how much salt you used to crush the garlic). Shake the dressing together.

Mix the beans and chopped pecans in a bowl and ad the dressing just before you are ready to serve.