

Shopping List

Produce

- Green beans (2#)
 - White button mushrooms (1#)
 - Garlic
-
- ### Bulk
- Salt
 - Pepper
 - Flour (GF or unbleached wheat)

Grocery

- Canned fried onions (about 6 oz)
- White sandwich bread (GF or wheat)
- Low-sodium chicken broth

Dairy

- Unsalted butter
- Heavy cream



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"Sassy Sampler" at
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Classic Green Bean Casserole



Source: Cooks Illustrated

Classic Green Bean Casserole

INGREDIENTS

Topping

4 slices white sandwich bread, torn into quarters (you can use GF bread if needed)

2 T unsalted butter, softened

1/4 t sea salt

1/8 t black pepper

3 c canned fried onions (about 6 oz)

Beans and Sauce

Sea Salt

2 pounds green beans, ends trimmed, and halved

3 T unsalted butter

1 pound white button mushrooms, stems trimmed, wiped clean, and broken into 1/2 inch pieces (you can also use chanterelles)

3 medium garlic cloves, minced or pressed through garlic press (about 1 T)

Ground black pepper

3 T unbleached all-purpose flour (or GF flour blend)

1 1/2 c low-sodium chicken broth

1 1/2 c heavy cream

INSTRUCTIONS

For the Topping:

1. Pulse bread, butter, salt, and pepper in food processor until mixture resembles coarse crumbs. (about ten 1-second pulses).
2. Transfer to large bowl and toss with the onions; set aside.

For the Beans and Sauce:

1. Adjust oven rack to middle position and heat oven to 425°.
2. Fill a large bowl with ice water. Bring 4 quarts of water to a boil in a large Dutch oven or heavy stockpot. Add 2 T salt and beans. Cook beans until they are bright green and crisp-tender, about 6 minutes. Drain beans in colander and immediately plunge into ice water to stop the cooking. Spread beans on paper-towel lined baking sheet to drain.
3. Add butter to now empty Dutch oven and melt over medium-high heat until foaming subsides.
4. Add mushrooms, garlic, 3/4 t salt, and 1/8 t pepper. Cook until mushrooms release moisture and liquid evaporates, about 6 minutes.
5. Add flour and cook for 1 minute, stirring constantly. Stir in broth and bring to a simmer, stirring constantly. Add cream, reduce heat to medium, and simmer until sauce is thickened and reduced to 3 1/2 cups, about 12 minutes. Season with salt and pepper to taste.
6. Add green beans to sauce and stir until evenly coated. Arrange in an even layer in a 3 quart (or 13"x9") baking dish. Sprinkle with topping and

bake until top is golden brown and sauce is bubbling around the edges, about 15 minutes. Serve immediately.

Tips:

To break mushrooms—using your thumb, pop the caps off their stems. Squeeze both the stem and the cap between your thumb and forefinger to break each into pieces.

Trimming Green Beans—line up about 8 beans in a row on a cutting board. Trim about 1/2 inch from each end, then cut the beans in half.

To prepare ahead of time—Complete step 1 for the topping, then store in an airtight container in the fridge (combine with onions just before cooking). Combine the beans and cooled sauce in a baking dish, cover with plastic wrap, and refrigerate for up to 24 hours. To serve, remove the plastic wrap and heat the casserole in a 425° oven for 10 minutes, then add the topping and bake as directed.

To halve recipe, reduce cooking time of sauce in step 5 to 6 minutes, and the baking time in step 6 to 10 minutes.

GF French Fried Onions

Soak cut sweet onions in milk while oil is heating in skillet. Dredge onions in seasoned GF flour and fry in batches until golden brown. Store in airtight container.

Serves 10-12