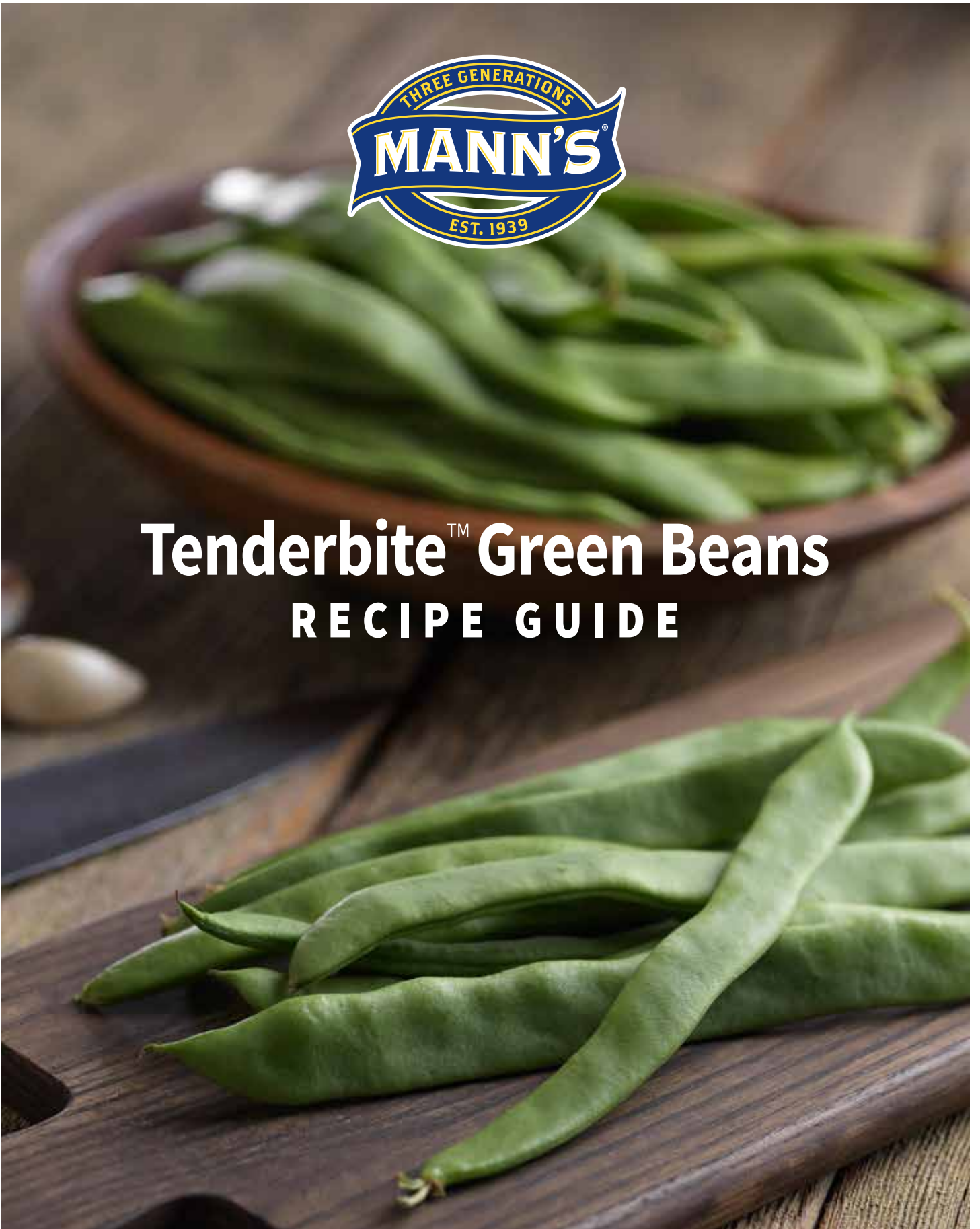




# Tenderbite™ Green Beans

## RECIPE GUIDE



# Tenderbite™ Green Beans



Mann's Tenderbite™ Green Beans are an exciting green bean variety being re-introduced to the US market. Popular in Europe and known as runner beans, their appealing green color, robust nature and long length offer superior plate presentations.

From a taste perspective, Tenderbite Green Beans have a higher Brix level than their smaller counterparts, giving a sweet, distinct flavor. They also have more carotenoids than other pole slicing beans, particularly after cooking.

Tenderbite Beans can be sauteed, grilled, steamed or pickled. Their versatility and heartiness delivers a stand-alone vegetable for popular veg-centric cuisines.

With its dramatic presence, tender-crisp bite, high yield and shelf life, Tenderbite Green Beans are an appealing new menu offering. Please enjoy the recipes provided and let us know how you are serving Tenderbite Green Beans. [sales@veggiesmadeeasy.com](mailto:sales@veggiesmadeeasy.com)

# Sri Lankan Tenderbite™ Green Bean Curry



1 pound Mann's Tenderbite™ Green Beans, trimmed and cut into 2-inch diagonal pieces and blanched in salted water for 2 minutes  
2 tablespoons clarified butter or vegetable oil (or a combination)  
1/4 teaspoon fenugreek seeds  
10 curry leaves  
1 large onion, diced  
3 garlic cloves, minced  
2 teaspoons grated ginger  
1 teaspoon turmeric  
1 teaspoon chili powder  
1 tablespoon ground coriander  
1/2 teaspoon ground fennel  
1 teaspoon ground cumin  
2 teaspoons paprika  
1 tablespoon brown sugar  
1 teaspoon salt  
1 can coconut milk  
2 tablespoons white wine vinegar  
3 plum tomatoes, peeled and chopped  
3 cardamom pods, cracked  
1 cinnamon stick  
1 lemongrass stalk, cut into thirds

Heat clarified butter in a large saucepan on medium high. Add fenugreek seeds and curry leaves and sauté until the curry leaves begin to turn brown. Add the onion and sauté until it is translucent, about 6-7 minutes. Add the garlic and ginger, stir for 1 minute, then add the ground spices and sugar and stir for 1 minute more. Add the coconut milk, vinegar, tomatoes and whole spices. Bring to a boil, then reduce heat and simmer for 20 minutes. Adjust salt if necessary.

Remove cardamom pods, cinnamon and lemongrass. Add blanched Tenderbite™ Green Beans, and serve curry over jasmine rice or cauliflower rice.

Serves 4

# Grilled Tenderbite™ Green Bean and Shrimp Salad



1 1/2 pounds Mann's Tenderbite™ Green Beans, ends trimmed  
Olive oil  
2 pounds medium raw shrimp, peeled and deveined  
Mint vinaigrette (recipe below)  
1 pint cherry tomatoes, halved  
1 small red onion, thinly sliced  
Kosher salt and black pepper, to taste

Heat a grill pan over high. Toss the Tenderbite™ Green Beans with olive oil, salt and pepper and grill approximately 5 minutes per side. Remove beans from the grill pan and set aside in a mixing bowl.

While the beans are grilling, toss the shrimp with 1/4 cup of the mint vinaigrette and grill them for approximately 3-4 minutes per side. Remove from heat and add the shrimp to the mixing bowl with the beans. Add cherry tomatoes, red onion, salt and pepper to taste, and toss with more of the vinaigrette.

Serve warm.

Serves 6

## Mint Vinaigrette

### Ingredients

1/4 cup champagne vinegar  
1/4 cup chopped fresh mint  
1 large shallot, minced  
1 garlic clove, minced  
1 tablespoon brown sugar  
1/4 teaspoon lemon pepper  
1/2 teaspoon salt  
1/2 cup olive oil

In a small mixing bowl, whisk the first seven ingredients together. Add oil in a slow stream, whisking to combine.

# Tenderbite™ Bean Risotto



8 ounces Mann's Tenderbite™ Green Beans, trimmed and cut into 1-inch diagonal pieces  
1.5 quarts vegetable stock  
3 tablespoons unsalted butter  
1 large onion, diced  
3 cloves garlic, minced  
1 cup Arborio rice  
1/2 cup dry white wine  
3 tablespoons mascarpone cheese  
1/2 cup finely grated parmesan cheese, plus extra to serve  
1 tablespoons chopped fresh herbs (a mixture of chervil, tarragon, chives and flatleaf parsley)  
Kosher salt and freshly ground black pepper

Blanch the beans in salted boiling water for 2 minutes. Remove to a salted ice bath for several minutes, drain and set aside.

In a small saucepan, bring the vegetable stock to a simmer.

Heat a large sauté pan over medium-high. Add the butter and sauté the onion until it is translucent, 5-6 minutes. Add garlic and stir for 1 minute. Add the rice and toast for 1 minute more. Add the white wine and stir constantly until it is absorbed into the rice, then add 2 ladle-fuls of the hot vegetable stock, stirring constantly until it is absorbed. Continue adding the stock in this way until it is gone and the rice has become creamy but still a bit al dente, about 20-25 minutes.

Stir in the mascarpone, parmesan, salt, pepper and herbs. Adjust seasonings as necessary and serve immediately with extra parmesan on top.

Serves 4



# Tenderbite™ Green Beans with Lamb Chops

## Glazed Stone Fruit and Apricot Madeira Reduction

### Roasted Lamb

1 rack of lamb, ribs frenched, about 1 ½ pounds  
Kosher salt and pepper, to taste

Season the rack all over with salt and pepper and let it sit at room temperature for 1 hour.

Preheat oven to 450 degrees F. On the stove, heat a cast iron skillet on high, add 1 tablespoon of vegetable oil, and sear the fatty top part of the lamb rack for 3-4 minutes. Turn rack over, then place in the oven to finish roasting for approximately 20 minutes, or until an instant-read thermometer inserted into the center of the roast reads 130 for medium-rare.

Remove rack from the oven, transfer to a cutting board, tent loosely with aluminum foil, and let rest 15 minutes before carving.

### Tenderbite™ Green Beans

1 pound Mann's Tenderbite™ Green Beans, trimmed  
3 tablespoons vegetable oil  
2 cloves garlic, minced  
Kosher salt and pepper, to taste

Heat a large sauté pan over high. Add oil then Tenderbite beans. Sauté, turning occasionally, until the beans are crisp-tender, about 4 minutes. Add garlic, salt and pepper and stir for 1 minute. Remove from heat and set aside.

### Glazed Stone Fruit

½ cup Madeira  
3 tablespoons brown sugar  
1 tablespoon butter  
8 ripe but firm plums or apricots, stoned and sliced

Combine Madeira and sugar in a sauté pan and bring to a boil. Reduce liquid by 2/3, or until it is thick and syrupy. Remove from heat, whisk in butter and set aside. Just before serving, heat through once again, add fruit, stir to coat, then serve.



### Apricot Madeira Reduction

2 tablespoons olive oil  
½ onion, finely chopped  
2 cloves garlic, minced  
3 tablespoons white Balsamic vinegar  
½ cup Madeira  
½ cup apricot preserves  
1 teaspoon fresh sage  
Kosher salt and pepper to taste

In a small sauce pan, sauté the onion in olive oil until it is translucent. Add the garlic and stir for 1 minute more. Add vinegar and Madeira, bring to a simmer, and reduce liquid by one third. Add apricot preserves and continue to stir. As the sauce begins to thicken, stir in the sage, salt and pepper.

To serve, cut lamb rack into chops. Place Tenderbite beans in the center of the plate and top with 2 chops. Spoon glazed stone fruits off to the side, and drizzle reduction over top.

# Sichuan Dry-Fried Tenderbite™ Green Beans



1 teaspoon toasted whole Sichuan peppercorns  
3 tablespoons vegetable oil, divided  
6 whole dried small red chilies  
4 cloves garlic, minced  
1 tablespoon minced fresh ginger  
3 green onions, white and pale green parts only, thinly sliced  
1 1/2 tablespoons minced mild kimchi  
1/2 tablespoon minced capers  
1 pound Mann's Tenderbite™ Green Beans, trimmed  
2 teaspoons sugar  
Kosher salt and freshly ground black pepper to taste

Coarsely crush half of the peppercorns in a mortar and pestle. In a medium skillet, heat 2 tablespoons oil, remaining whole peppercorns and dried chilies over medium-low heat, stirring frequently, until sizzling and aromatic, about 2 minutes. Add garlic, ginger, scallions, kimchi and capers and stir 1 minute. Remove from heat and set aside.

Adjust oven rack as close as possible to the broiler and preheat broiler to high. In a large bowl, toss green beans with 1 tablespoon oil and season with salt and pepper. Arrange in a single layer on a rimmed sheet tray. Broil until beans are blistered and lightly charred, 2-5 minutes. Return beans to bowl.

Add Sichuan peppercorn mixture to bowl with beans, along with the sugar and remaining crushed peppercorns. Toss to coat and season to taste with additional salt and pepper.