



Chile and Coconut Green Beans

SERVES 8

The combination of chiles and coconut are often used in southern Indian cuisine, especially in vegetarian dishes. I tasted these green beans at a restaurant in the fishing village of Kochin, served with grilled fish. There was a woman sitting on the floor cracking fresh coconuts and shaving the coconut flesh to be used in nearly every dish on the menu. The coconut milk was poured into glass pitchers to be used for fish soup. This green bean recipe is perfect for a vegetarian main dish or an accompaniment to grilled fish or steak.

INGREDIENTS

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| 1 pound fresh green beans, stems trimmed | 1 teaspoon cumin seeds (whole) |
| 4 teaspoons kosher salt | 1 teaspoon black mustard seeds |
| 3 tablespoons coconut oil (or canola oil) | 1/2 cup shredded coconut, unsweetened |
| 10 dried red chiles, small (Kashmiri or chile de árbol) | ½ teaspoon ground black pepper |

PROCESS:

Heat a pot of water (6 cups) over high heat and bring to a boil. Add the green beans and 1 tablespoon of salt. Reduce heat to a simmer and cook for 10 minutes. Drain beans into a bowl and run under cold water until they are cooled. Transfer beans to a sheet pan lined with paper towels so they can dry.

In a large skillet, heat oil over medium high heat. Add the chiles, cumin seeds, and mustard seeds. When you hear the mustard seeds start to pop, add the green beans and stir to coat them in the oil and spices. When they are warm, add the coconut and gently stir. Add 1 teaspoon salt and pepper to taste. Transfer to a platter and serve.