



## GREEN BEANS

Green beans are legumes picked when immature, the young pod of the bean: it is a kind of vegetable that is between legumes and vegetables. They originated in the regions of America and grow either as bushy plants or as vining variety (pole green). The flowers are white, pink or violet together in bunches. The varieties that we can find on the market are green (called Bobis, Marconi or Vittoria nato) but we can find also the violet variety (Re dei Blu or Anellino di Trento) or the white one (Burro di Rocquencourt, Corona d'Oro and Meraviglia di Venezia).

The **Meraviglia di Venezia** variety, the common name is "Marconi Gialli", is cultivated in the region of Cavallino-Treporti, a tiny strip of land between the sea and the northern lagoon of Venice. This land extends from the Sile river outfall to Punta Sabbioni including Treporti island, Lio Piccolo and Le Mesole. You can find cultivations also along the Bibione coastal and in lagoon sites, like Mira and Campagna Lupia, that are specialized in cultivating vegetables. The Cavallino coastal and the lagoon islands have a mild climate, the winters are never freezing cold and, except some years, the temperature never goes below zero for more than a few days. For this reason the green bean plant can reach an early maturation (production under protected conditions). Furthermore, during the hot and dry summer the air humidity isn't so high as in the nearby venetian countryside, in this way the farmers can harvest a good product even if green beans are a spring vegetable. The sea breeze, that always blows, prevents the air stagnation and the increase of humidity and safeguards the health of cultivations.

Green beans are low in calories, rich in minerals, fibers, vitamin A, C and potassium. They are recommended in low calories diet, in diabetes and anemia.

They are versatile and they are really good with raw or cooked garlic, basil (you can prepare the traditional dish "pesto alla Genovese"), cheese, boiled potatoes, pork and eggs.

**TIP:** to prevent the loss of nutritional value, cook the green beans in a few inches of water and add the vegetables only when the water is boiling

## HERE THE RECIPES OF OUR CHEF

### GREEN BEANS WITH GARLIC AND CRISPY CRUMBS

Green beans with garlic and crispy crumbs are an ideal side dish and should be served with meat balls, sausage meat, grilled meat or fish and barbecue.

**Ingredients:** (serves 4): 600 gr green beans, garlic 2 cloves, gr 60 hard crumbs (Puglia bread), extra virgin olive oil, salt, parsley.

Wash and the green beans, trim the ends off, boil in salted water, drain them crispy.

Put two spoons of oil in a nonstick pan and a

garlic clove peeled and cut in half lengthwise (or sliced) and roast it until pale golden. Add the green beans, the salt and stir for few minutes till

the water evaporates.



In the meanwhile turn the bread into crumbs, (if necessary using a kitchen machine).

Put in another pan 3 spoons of extra virgin oil, a garlic clove cut in half lengthwise (or sliced) . When the oil is hot, add the bread crumbs and fry till golden-brown and crispy.

Now put all together in the first pan, stir-fry for few seconds to combine the ingredients, strew with parsley, add salt and remove from fire. Serve the green beans hot.

To taste green beans during all the year our chef recommends:

### GREEN BEANS AU NATUREL

(can be served as side dish, stir-fried or as salad)

**Ingredients:** green beans (quantity at will), salt and some basil leaves.

Trim the ends off and wash the green beans with cold water, then cook them in boiling salted water for 2 minutes over a high fire. Drain them keeping the cooking water aside, put the green beans aligned (horizontally or vertically) in the glass jars and add some basil leaves. When the water has gone cold, pour into the glass jars and top up with it. The hermetically sealed jars must be wrapped up in a dishcloth and sterilized in bain-marie for 30 minutes (1/2 liter) or 45 minutes (1 liter). Let them get cold and keep them in the darkness.

