

# SIMPLE SESAME SEED GREEN BEANS

3-4 servings

## INGREDIENTS

1/2 lbs Green beans (fresh or frozen)

~2 Tbsp Soy sauce or tamari sauce

1 Tbsp Sugar

1/4 Tsp Katsuo dashi or bonito (fish) soup stock in powder form (optional)

~1 Tbsp Toasted sesame seed, freshly ground (Sesame seeds can be purchased toasted/roasted.)

## DIRECTIONS

### Prepare the Green Beans

Rinse and trim the ends of the green beans (if using fresh) either by hand or by knife. Shorten the beans into approximately 2 inch pieces by breaking or cutting in half. Prepare a 3 quart pot of salted water and bring to a boil on the stove. Once boiling, add the green beans and cook until desired doneness. (About 2-5 minutes) Monitor the beans by trying one, making sure to run it under cold water before eating! Aim for a bit al dente without being tough or chewy. (Frozen will always have a softer texture.) When you are happy with the doneness, drain the beans in a colander and run under cold water to stop the cooking process. Let the beans continue to drain while making the dressing.

### Prepare the dressing

Mix the soy or tamari sauce together with the sugar and katsuo or bonito dashi (if using). The

dashi does add depth to the flavor but can be left off to make the dish vegan. It will still be very tasty! Continue to stir until the sugar is fully dissolved.

### Combine the ingredients

In a small bowl, mix the drained green beans with the dressing. Now add the toasted sesame seeds that are freshly ground and mix again.

\*\*\*Grinding sesame seeds can be done in a number of ways. There are handheld sesame seed grinders, a suribachi (Japanese grinding bowl) and surikogi (Japanese wood pestle) or placing the sesame seeds in a Ziploc bag and rolling with a rolling pin will work too! (Be sure to press out all the air from the Ziploc and seal securely before rolling!)

### Taste and make any adjustments

Be sure to taste and make any final adjustments. Sometimes just a dash of salt is a good place to start before adding any of the other ingredients.

### And if not eating immediately...

Store the green beans and dressing separately in the refrigerator if not eating immediately. When ready to serve, mix the green beans and the dressing with the ground sesame seeds!

### Enjoy!