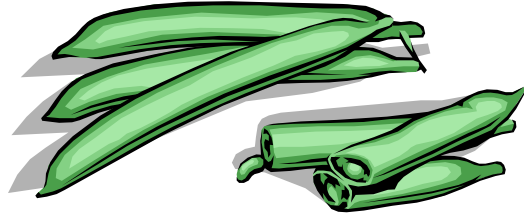


Garlicky Green Bean Stir-Fry – Taum Kib Xyaw Qej *from Cooking from the Heart: The Hmong Kitchen in America*

1 pound fresh green beans, washed and stem ends snipped off
1-2 Tablespoons oil
3-6 large garlic cloves
3 scallions
salt to taste
a few tablespoons of water
a few tablespoons of oyster sauce



Clean the green beans and snip off the stem ends. Heat the oil to medium-hot in a large, lidded, round-bottomed pan. Toss in the garlic and onion and stir-fry just until their flavors are released, about 20 seconds. Add the green beans and the salt. Stir-fry for a few minutes. Then add the water and cover the pan. Let the beans steam for 5 minutes. Uncover the pan, add the oyster sauce, and stir 2-3 minutes, until the beans are uniformly covered with the shiny sauce. They should retain some of their crunch.

Comments:

I've adapted the amounts from the original recipe, which was originally written to make 25 servings . . . let me know if you're planning a celebration and I'll send you the full recipe. I also replaced the sliced onion with scallions because that's what I have in my kitchen these days, though yellow onion would probably give it a stronger flavor. You could re-adapt to the original if you like. The introduction of the cookbook explains that recipes were traditionally passed along orally rather than on little note cards, and that modifications from cook to cook were assumed. If you ever make it to one of the larger urban farmer's markets in the Upper Midwest, pay attention to the Hmong farmer/vendors. There are often unique veggies, and the presentation is usually exquisite.