

Roasted Green Beans with Braised Sweet Onion & Mushrooms

Serves 6 People

Creamy and a bit spicy but still holding the fresh flavor of the green beans.

Ingredients

3 each	Medium Sweet Onions –cut in half and then into ½ inch thick wedges
1 C	Heavy Cream
¾ C	Broth or Stock –Chicken or Turkey
1t	Thyme –dried
¼ - ½ t	Cayenne Pepper
1T	Kosher Salt
2 each	Fresh Bay Leaves (or 3 dried)

Method

Preheat Oven to 440-460 degrees

- Add the above ingredients to a large ceramic braising pot with a lid, toss well, and put in the finishing zone of the oven (midway to the back). Cook for 5-8 minutes or until the onions begin to get a bit of color on the tips and the liquid begins to bubble. Stir occasionally.
- Cover the onions and continue braising for 20 minutes.
- Meantime, prepare the beans and mushrooms.

Ingredients

¼ C	Olive Oil
12 oz	Green Beans –tops removed
10 oz	Domestic Mushrooms –quartered
To taste	Kosher Salt

Method

Preheat Oven to 440-460 degrees

- Heat a large cast iron skillet right in front of the flame until it is smoking.
- Add the olive oil and then the mushrooms, stirring to coat with the oil.
- Put the mushrooms back in the searing zone (right in front of the flame) and roast them for 3-5 minutes until they are beginning to brown nicely.
- Add the beans, toss, and add salt to taste. Continue roasting in the searing zone for 2-3 minutes just to get the beans cooking. Remove from the oven.
- When the onions are finished, remove them from the oven and toss the bean mixture into the onion mixture. Taste for seasoning.
- You can let them sit at this point and finish the dish 5 minutes before you are ready to serve.
- Put the pot back into the oven, in the finishing zone for 2-3 minutes, just until the beans begin to get some good color.

Notes:

This dish can be made ahead and finished at the last minute as necessary.



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