

Envy™ Apple & Green Bean Casserole



Ingredients

2 Envy™ apples, cut into batons*

650 g trimmed fresh green beans

450 g shiitake mushrooms, cut into approximately 3cm pieces (washed and dried ahead of time)

2 tbsp extra virgin olive oil

2 cloves garlic, finely chopped

2 tbsp all-purpose flour

1 cup beef broth

1 can cream of mushroom soup

2 tsp kosher salt

20 turns fresh cracked pepper

1 tsp Worcestershire sauce

1 tsp sherry vinegar

2 cups lightly chopped pecans

Method:

1. Start by slicing the apple into approximately 5mm slices and then slice those again into 5mm pieces. Think of the cut as if you were cutting the apple into the size of a French fries.
2. Heat a large pot of salted water (should taste like the ocean) to a boil. Meanwhile, set up an ice bath - a large strainer that fits into a larger pot or bowl filled with ice water (more ice than water).
3. Once boiling, drop the green beans into the pot and stir. Cook for approximately 3-4 minutes or until just tender, but still has some crunch. The color should still be bright green.
4. Immediately drain the beans from the water into a strainer and dunk the strainer into the ice water. Let cool completely.
5. Meanwhile, in a large sauté pan, heat olive oil over high heat. Add mushrooms (make sure mushrooms have had plenty of time to dry after washing or else will leach out water into the oil and make soggy) and sauté until tender.
6. Add apple batons to the mushrooms and sauté for 2 minutes. Stirring occasionally.
7. Stir in garlic and sauté for 30 seconds more.
8. Sprinkle flour over top of the mixture and stir to combine. Cook for 1 minute longer.
9. Add beef broth and cream of mushroom soup, bring to a boil, stir frequently.
10. Turn off heat and stir in salt, pepper, Worcestershire sauce, and sherry vinegar.
11. Toss mixture with the green beans and then spread evenly into a 9x13 baking dish.
12. Top with the chopped pecans and bake in a 180 degree oven until hot throughout (7 to 10min).
Serve immediately.