

View from the Fridge – Recipes from Brian Donkin

Recipe # 50 – Runner Beans

Preparation time: 5 mins – Cooking time: 3 mins

Ingredients

300gms runner beans
30gms butter
pinch of bicarbonate of soda
salt and crushed black peppercorns

Method

1. Top and tail runner beans then cut into 1 inch lengths. Then slice each into 3 lengthwise.
2. Put the runner beans in a pan of boiling salted water with a pinch of bicarbonate of soda and bring to the boil and strain and remove.
3. Put the butter into the pot. Add the runner beans to pot, season with salt and pepper, mix well and serve immediately.

Serves 3

