



FRESH GREEN BEAN RAGOUT

(Fasolakia)

When the warm weather comes, green beans pile high at markets all over Greece. Greeks like their beans slowly stewed as in the recipe below.

1/3 cup Krinos Extra Virgin Olive Oil
2 large red onions, peeled, halved and thinly sliced
2 garlic cloves, peeled and minced
2 pounds fresh string beans, trimmed
3 medium potatoes, peeled and halved or quartered
1-2 small fresh or dried chili peppers (optional)
1 cup chopped plum tomatoes
Salt, freshly ground black pepper, to taste
Water
1/2 cup chopped fresh parsley
2 tablespoons Krinos Red Wine Vinegar
1/2 pound Krinos Feta

Heat olive oil in a large pot and sauté onions and garlic until wilted, about 7 minutes. Add green beans and toss to coat. Cover the pot, reduce heat, and let green beans steam in the oil for 10 minutes.

Add the potatoes and chili pepper to the pot, and toss to coat. Pour in the tomatoes, season with salt and pepper, and add enough water just to cover the beans. Cover and simmer for 1 hour, until beans and potatoes are very tender. Five minutes before removing from heat, add parsley and stir in vinegar. Adjust seasoning with salt and pepper. Serve warm or at room temperature with wedges of feta cheese on the side.

Yield: 4-6 servings