

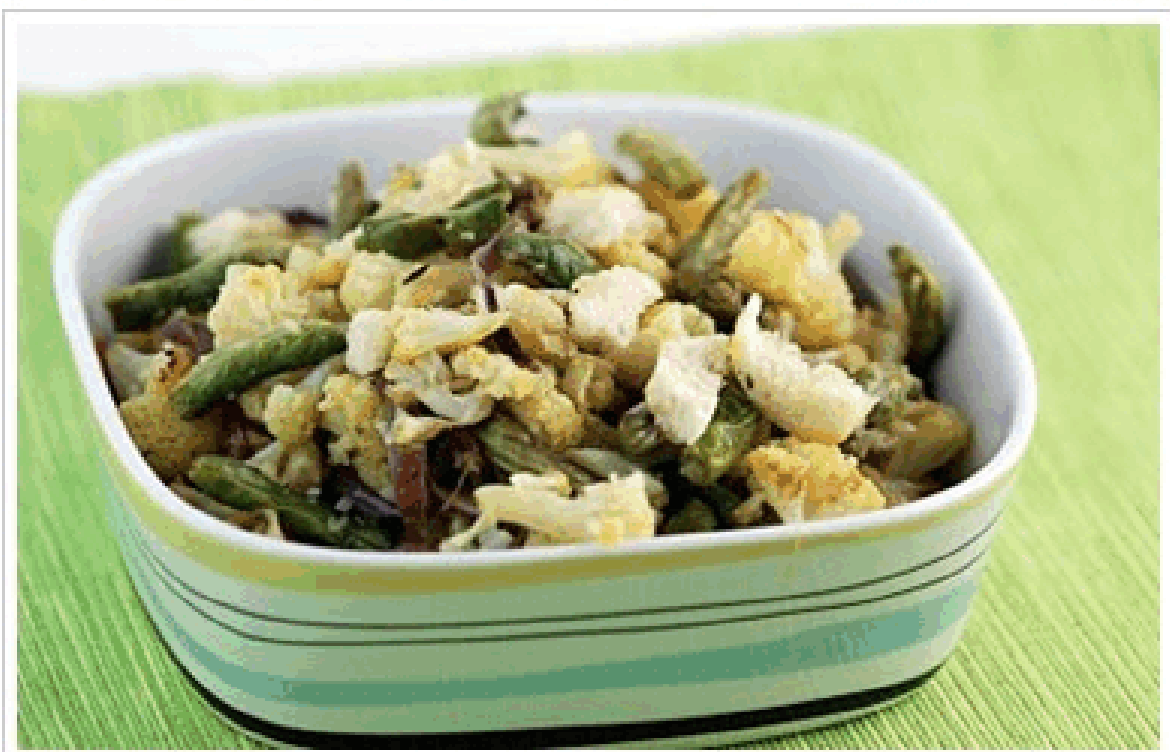
Curried Green Beans and Roasted Cauliflower with Cilantro Yogurt Sauce



One of the heirloom beans we are growing for the first time is Anellino di Trento. We were initially drawn to the unusual crescent shape and speckled colors of this bush bean. Sometimes known as Anellino Marmorizzato, this heirloom variety from Northern Italy is "marmorizzato" (marbled) in shades of green, purple and lavender, with a dense, firm texture and unusual, rich flavor. The taste actually resembles that of a yardlong bean. A pole version of Anellino, Stortino di Trento ("Curved from Trent"), is also available, but we have been quite pleased with both the productivity and taste of our bush beans. Stortino di Trento, Anellino di Trento, and another heirloom bean, Sultan's Golden Crescent, are all beans referred to as "shrimp" beans because of their curved shape.



Anellino di Trento beans, with their unusually solid texture and distinct flavor, combine perfectly with roasted cauliflower to create an extremely hearty dish. The vegetables are filling (and vegan) even without the yogurt sauce, but the sauce adds a nice zing thanks to fresh cilantro and spicy garlic. These flavors play off the toasted Madras curry which seasons the vegetables to perfection. If you are not growing Anellino di Trento beans, any green beans or even yardlong beans will work well in this recipe. Be sure to select beans that are firm, not wrinkled or starting to dry out, with a bright color that indicates they are still fresh and full of flavor.



Curried Green Beans and Roasted Cauliflower with Cilantro Yogurt Sauce

serves 2-4

Ingredients

Cilantro Yogurt Sauce

1	cup	non-fat Greek-style plain yogurt such as Fage
1	Tbs	fresh lemon juice
1/2	cup	cilantro, chopped
1		garlic clove, minced

Curried Green Beans and Roasted Cauliflower

1	large	cauliflower head, cut into 1" florets
1		red onion, thinly sliced
1/4	cup	olive oil
1/2	lb	green beans, cut into 2" pieces
1	Tbs	vegetable oil
2	slices	white sandwich bread, cubed
1	tsp	Madras curry powder
		sea salt and black pepper

Procedure

Cilantro Yogurt Sauce

1. Combine all ingredients. Season with salt and pepper. Set aside.

Curried Green Beans and Roasted Cauliflower

1. Heat oven to 425°. Combine cauliflower and onion with 3 Tbs olive oil. Season with sea salt and black pepper, then spread in a single layer on a sheet pan.
2. In same bowl, toss the beans with 1 Tbs olive oil and season with salt and pepper. Spread beans on another sheet pan.
3. Place both sheet pans in oven and roast until tender and lightly browned, stirring occasionally. The beans will cook faster, about 14 minutes, than the cauliflower, about 18 minutes. Remove from oven and combine.
4. While vegetables are in the oven, heat 1 Tbs vegetable oil over low heat and saute bread cubes until golden and crispy, about 4 minutes. Remove from pan to cool.
5. In the same pan, toast the curry powder over moderate heat, stirring constantly, until fragrant, about 2 minutes. Scrape out of the pan and toss with the cooked vegetables until well coated. Season the mixture with salt and pepper.
6. Serve vegetables while still warm, topped with the bread cubes and yogurt cilantro sauce on the side.

Printable Recipe

