



Peach Dish



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Green Bean Casserole

2 ounces heavy cream
1 small onion, sliced thinly
2 tablespoons flour, all purpose
2 tablespoons bread crumbs
1/2 teaspoon kosher salt*
4 tablespoons butter, divided
12 ounces fresh green beans
1 small onion, diced
2 slices thick-cut bacon, diced
2 cloves garlic, minced
8 ounces mushrooms, chopped
2 tablespoons all-purpose flour
3 ounces heavy cream
1 cup hot water*
2 ounces cheese, grated
Kosher salt, to taste*
Black pepper, to taste*

*Ingredients not included in your PeachDish box.

Green Bean Casserole

Recipe Courtesy of Seth Freedman, Forage & Flame

1. Please read entire recipe card before beginning.
2. Steps 3 through 8 can be completed up to a full day in advance. If preparing these in advance, crispy onions should be cooled completely and stored in an airtight container at room temperature. Green beans should be dried thoroughly and refrigerated.
3. Preheat the oven to 475° F.
4. Toss the cream and sliced onion together in a small bowl, to fully coat the onion.
5. Combine the flour, panko and salt in a large mixing bowl and toss to combine. Sprinkle in the coated onions, and gently toss to fully coat each piece with bread crumbs.
6. Coat a baking sheet evenly with 1 tablespoon of the butter. Place the onion mixture on the pan in an even layer, shake the excess coating off over the bowl as you go, and do your best to not stack or touch the onion pieces.
7. Place the pan on the middle rack of the oven and bake until golden brown, approximately 30 minutes. Toss the onions 2 to 3 times during cooking. Once done, remove from the oven and set aside on paper towels until ready to use.
8. Fill a 4-6 quart sauce pot with 3 quarts of water and add 4 tablespoons of kosher salt, and prepare a 3-quart ice bath with another 4 tablespoons of kosher salt.
9. Wash the green beans. Trim off the stems, and cut into 2 inch pieces.
10. Once the water is at a rolling boil, blanch the green beans by boiling 5 minutes. Remove the beans, and place them in the water bath for another 5 minutes, then drain and dry.

Yield: 2 servings

Preparation Time: 45 minutes

Cook Time: 1 hour - 1 1/2 hours

*Recipe Card 1

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2 tablespoons bread crumbs
1/2 teaspoon kosher salt*
4 tablespoons butter, divided
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8 ounces mushrooms, chopped
2 tablespoons all-purpose flour
3 ounces heavy cream
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2 ounces cheese, grated
Kosher salt, to taste*
Black pepper, to taste*

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Green Bean Casserole

Recipe Courtesy of Seth Freedman, Forage & Flame

11. Bring your oven to 350° F.
12. Place a large lodge cast iron skillet over medium-high heat. Add one tablespoon of butter to the pan.
13. Once the butter has melted, add the diced onion and cook while stirring until translucent, about 4-5 minutes. Add the mushrooms and garlic and cook until the mushrooms are cooked fully, about 5 minutes more. Remove the mixture from the pan, and set aside.
14. Reduce the heat to medium, and melt the remaining 2 tablespoons of butter in the same skillet, then whisk in the flour. Continue to cook while stirring for another 2 minutes until the mixture (roux)has browned lightly, and smells of toasted nuts.
15. Whisking in the hot water. Continue to cook while stirring. When the mixture is bubbling slightly and begins to thicken, reduce heat to the lowest setting.
16. Whisk in the cheese until melted and combined. Return the mushroom & onion mixture to the pan, add the cream, and then season to taste with salt and pepper. Add the green beans, and stir to combine.
17. Pour the whole mixture into a casserole dish (8x8 is perfect for 4 portions) and bake, uncovered, for 15 minutes. Top with the crispy onion, and cook for 15 more minutes.
18. Serve and enjoy!

Yield: 2 servings

Preparation Time: 45 minutes

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*Recipe Card 2