

ARMENIAN BRAISED GREEN BEANS

Tzit'abdghi Yughov (Tzitayoughov) Gananch Lubia

Կանանջ Լուբիա, Ձիթապտղի Յուղով Կանաջ Լոբի

2 1/4 lbs green string beans, trimmed
1 jumbo sweet onion, cubed
20-to-24 cloves garlic, peeled, left whole
1/3 teaspoon sugar
sea salt or Himalayan pink salt
a pinch of black pepper
1 tablespoon red pepper paste
5 plum tomatoes, cubed
2 red Anaheim (lipstick) chili peppers, sliced
2-to-3 tablespoons sunflower oil
1-to-2 tablespoons olive oil

Bring a pot of salted water to a gentle boil and blanch green beans for 3 minutes. Drain and set aside; do not shock in cold water.

Heat sunflower oil and sauté onions with sugar and about half-a-teaspoon salt for a couple of minutes. Add garlic and keep cooking until translucent and slightly softened.

Add green beans, salt and black pepper. Stir-cook uncovered on medium-high heat for 5-to-8 minutes, add chili pepper and cook for another 3 minutes.

Add tomato and pepper paste. Cook covered on medium-low heat for 20 minutes or so until cooked to your liking. Adjust seasoning and gently stir in olive oil. Bring to room temperature before refrigerating until completely chilled.

Best served cold or just below room temperature with pita or rustic bread, sweet onion and radish wedges and some sort of greens.