

Basil Fettuccine with Green Beans, Walnuts, and Crème Fraiche

Serves 2-4

The Greens Cook Book, p.170

Fresh pasta or commercial Fettuccine pasta
12-16 ounces small green beans
½ cup walnuts, freshly shelled (HdeH purchased ones are perfect)
3 tablespoons butter
4 shallots, finely chopped
½ cup basil leaves, cut into fine strips
2 cloves garlic, finely chopped
Salt
1 ½ cups vegetable stock or water
1 ½ cups crème fraiche
Pepper
Chili flakes (optional) HdeH Japanese spices
Parmesan

1. Preheat the oven to 350F. Cut the tips and tails from the beans. Chop the walnuts into fairly small pieces and toast them in the oven for 5 minutes (HdeH can be done in pan on stove top)
2. Melt the butter in a skillet; add the shallots and cook over medium-low heat for about 1 minute. Add 2 tablespoons of the basil, the garlic, a sprinkling of salt, and 1 ½ cups of the stock or water. Cook over medium heat until the shallots are soft, then stir in the crème fraiche, and cook until it is slightly thickened. Taste and season with salt, freshly ground black pepper, and the chile flakes, if using
3. When the pasta water has begun to boil, add salt and cook the beans for 2 to 3 minutes, or until they are tender but still a little firm. Scoop them out and add them to the shallots and cream. Using the same water, cook the pasta, when cooked scoop it out, and add it to the pan along with the rest of the basil leaves.
4. Toss well, add the walnuts, and toss again. Serve on heated plates and garnish with the Parmesan. Serve with a dry sauvignon blanc.