

How to Stir Fry Long Beans

Ingredients

2-3 cloves of garlic

30ml vegetable oil (preferably corn or canola)

Salt

Coarse ground black pepper or medium ground pepper (optional)

1 pound fresh green or red long beans

Steps

Prepare the beans by snapping off the tips. Snap the beans into pieces around 3-5 cm long (1-1/2"). Wash the beans under running water.

Boil a pot of water at the highest heat on your stovetop. Put all the beans into it when the water is thoroughly boiling (you can clearly see the bubbles coming out from it). The water should then stop boiling (do not turn the heat down) because the beans are cooler and take up some of the heat.

Wait about 5-30 seconds after the water starts bubbling again, then empty the contents

Peel and wash the garlic, and chop it up into fine pieces no bigger than 5cm across and no smaller than 2 cm across (1/4" and 1/8" respectively).

Heat a saucepan/frypan with the vegetable oil in it. Wait until the oil is heated up (you can see it 'swirl/shimmer' somewhat if there is light shining on it). Throw the garlic into it once the vegetable oil is heated up. Watch out, as it will sizzle and may spray oil if there is too much water on the garlic. Put the beans into the saucepan/frypan once the garlic starts to turn light golden-brown (this happens in about 5-10 seconds). Stir fry them with a spatula or pair of chopsticks stirring and turning them over constantly.