

Hazel Nuts, Sugar Snap Peas, Haricots Verts, and Orange

This is a great dish for potluck dinners because it is served at room temperature. The toasted hazelnuts add a great flavor. You may substitute snow peas for sugar peas.



Ingredients:

- 7 oz. haricots verts
- 7 oz. sugar snap peas
- 1/4 cup hazelnuts with skins
- 1 orange
- 1 small clove garlic
- 4 1/2 tsp. olive oil
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. hazelnut (or other nut) oil
- Sea salt
- Black pepper

Equipment

- Large saucepan
- Slotted spoon
- Zesting tool that makes strips
- Clean kitchen towel
- Nut chopper

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☑	Directions	Time (min)	
	Rinse and trim stems from 7 oz. of haricots verts (beans) and 7 oz. of peas keeping them separate	5	
	In a large bowl, add 1 quart of cold water and ice cubes	2	
	In a large sauce pan, bring 1 quart of water to a boil.	3	
	Blanch the beans	4	
	Use a slotted spoon to transfer beans to the ice water and chill	2	
	Use a slotted spoon to transfer cold beans to paper towel to dry.	1	
	In the boiling hot water, blanch sugar peas (1 minute for snow peas)	4	
	Use a slotted spoon to transfer peas to the ice water and chill	2	
	Use a slotted spoon to transfer cold peas to paper towel to dry.	2	
	Place 1/4 cup hazelnuts on a baking pan. Bake in a toaster oven until outer skin is dark brown but not burned.		
	Peel and crush 1 clove of garlic	2	10
	Remove strips of zest from half the orange. Save remaining orange for other purposes.	2	
	Remove nuts from oven and allow to cool	5	
	Roll nuts in clean kitchen towel to remove most of the skins	2	
	Chop nuts coarsely with nut chopper or large knife	2	
	Whisk together 4 1/2 tsp. olive oil, 1 Tbsp. nut oil, crushed garlic, orange zest, and 1 Tbsp. balsamic vinegar	1	
	Toss all the ingredients in a bowl to combine. Add sea salt and ground pepper to taste.	2	
	Total		47 min