



# TASTING TABLE

Recipe to accompany the article available at <http://TastingTable.com>.

## Beans with Panch Phoran (Beans with Bengali Five-Spice)

*From Kaumudi Marathé*

Makes 4 servings

- 1/4 teaspoon mustard seeds
- 1/4 teaspoon cumin seeds
- 1/4 teaspoon fenugreek seeds
- 1/4 teaspoon fennel seeds
- 1/4 teaspoon nigella seeds
- 1/4 teaspoon white sesame seeds
- 1 tablespoon vegetable oil
- Pinch of ground turmeric
- 1 to 2 green chiles, each cut into 4-6 pieces (optional)
- 1 pound fresh green beans, cut into 1-inch pieces
- 1/4 cup water
- 1 teaspoon salt
- Pinch of sugar (optional)
- 5 sprigs cilantro, washed and finely chopped

*In a small bowl combine the spices and sesame. Heat the oil in a medium wok or skillet until almost smoking. Add the spices and cook until they pop, stirring briskly. Add the turmeric and chiles. Increase the heat to high, add the green beans and cook until coated with spices and slightly softened, about 4 minutes. Add the water and cook covered until the beans are tender but slightly crunchy, about 7 minutes. Stir in salt and sugar. Serve beans garnished with cilantro.*