

# THE RELUCTANT TRADING EXPERIMENT

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## **Green Bean Fries with Green Peppercorn Blue Cheese Dipping Sauce**

by Sarah Marshall for ReluctantTrading.com



### **Ingredients**

#### **Green Bean Fries**

- 12 ounces (about 5 cups) green beans, trimmed
- ½ cup all purpose flour
- 1 teaspoon kosher salt, divided
- 2 teaspoons finely ground Reluctant Trading [Green Peppercorns](#), divided
- 1 ½ cups panko breadcrumbs
- 2 tablespoons olive oil
- 2 eggs

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- 2 tablespoons of 2% milk
- Finish with Reluctant Trading [Icelandic Flake Sea Salt](#), to taste

## Dipping Sauce (Green Peppercorn Blue Cheese)

- 4 ounces blue cheese
- $\frac{1}{4}$  cup plain yogurt
- $\frac{1}{2}$  cup sour cream
- 4 tablespoons finely chopped fresh herbs (basil, tarragon, chives)
- 1 tablespoon lemon juice
- $\frac{1}{2}$  teaspoon finely ground Reluctant Trading [Green Peppercorns](#)
- $\frac{1}{2}$  teaspoon kosher salt

## Preparation

### Step 1

Mix all ingredients in a small bowl until combined. Sprinkle top of the dip with a little extra ground green peppercorns.

### Step 2

Preheat the oven to 425 degrees fahrenheit. Line two baking sheets with parchment paper.

Create a dredging station. In a small shallow baking dish, mix the flour,  $\frac{1}{2}$  teaspoon salt, and 1 teaspoon Reluctant Trading [Green Peppercorns](#). In a second shallow baking dish, mix breadcrumbs, olive oil,  $\frac{1}{2}$  teaspoon salt, and 1 teaspoon green peppercorns.

### Step 3

In a third shallow baking dish, whisk together eggs and milk until combined. Working in batches, dredge the green beans in the flour mixture, then dip the green beans in the egg mixture, and finally, coat each green bean in the breadcrumb mixture.

### Step 4

Place the green beans onto the baking sheet, making sure they are not touching. Bake until crisp and golden, about 20 to 25 minutes. Finish by sprinkling a little Reluctant Trading [Icelandic Flake Sea Salt](#), to taste.

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## **Step 5**

Mix all ingredients in a small bowl until combined. Sprinkle top of the dip with a little extra ground green peppercorns.

## **Yield**

4 - 5 servings

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## **Reluctant Resources Used in this Recipe**

- [Green Peppercorns](#)
- [Milton Modern Mortar and Pestle](#)
- [Icelandic Sea Salt](#)
- [Marseille Pepper Mill](#)
- [100 Year Loom Tan Apron](#)
- [Corky Modern Glass Spice Jars](#)
- [Put a Lid on it Stoneware Salt Cellar](#)