

# Grilled Haricots Verts & More

[Pete Matthews Jr](#) - <https://3nt.xyz> - © April 15, 2022

The methods used in this recipe, and knowledge of your tools, can be applied to many foods, to consistently produce very good results quickly. The key is to partially cook in the microwave oven to save time, and then finish in a gas grill or an oven.



*Haricots verts* are French green beans. The best I have found are in the freezer section at Trader Joe's; I keep a stock of these 24 oz bags on hand and pull them out any time I want them. Refrigerated haricots verts, neatly aligned in clear bags, are available at Costco, Trader Joe's and other places, but the quality is unreliable - they do not keep well.



Dump the frozen green beans into a 2½ quart CorningWare *French White pot*, or equivalent. Crank six fine grinds of black pepper onto the top, and an equivalent amount of table or sea salt (not coarse grind). Then drizzle tablespoon or two of olive oil over the top.

Put the pot in the microwave oven and cook on high for about six minutes. Ours is built in, drawing up to 1800W and cooking at 1100W. If your microwave is less powerful, you may want to cook longer. Remember that this step is to save time - nuking too little won't hurt the results.



Turn on the gas grill to its highest setting. With mitts on, remove the pot from the microwave and mix the contents thoroughly. Microwave for another four minutes or so. Remove and mix again.

Scrape down the grill with a *wire brush* and place your *grill pan* on the grill. Dump all the beans into the grill pan, and spread them evenly with *tongs*. I make a 3-inch hole in the middle,

providing an easy path for hot air into the middle of the pan. Rearrange any beans that stand up in open corners (as in my Weber pan) or into the air, lest they cook too quickly.

Close the grill cover, and cook on the highest possible setting. Place the French White pot on a shelf outside but as near as practical to the heat, to keep it warm to receive the cooked beans. (It could be winter!)



Turn the beans infrequently, so they char some at the bottom of the grill pan, especially toward the end. I take them off when they look right, but you may want to taste one.

A *lined silicone mitt* will allow you to pick up the grill pan to get the last of the beans back into the French White pot. Then place the pan in a safe location to cool.

## **Variations**

**Green beans.** TJ's haricots verts are not organic, but they are from France, which counts when it comes to food. When I cannot get those, TJ's usually has one-pound bags of frozen, whole, organic green beans. Two bags of these fatter beans fit in the pot, and any kind of beans are great left over. For *fresh beans*, microwave half the time or less.

**Colorful summer vegetables:** One large sweet onion, one red sweet pepper, three or four small, thin zucchinis (both green and yellow), and optionally, small or sliced mushrooms – or choose your own mix.

Peel the onion, cut off the ends, and cut it through the middle the same way. Then cut it in sixths from the top (once through the middle and twice at a right angle to that cut). Separate the pieces; layer them in the pot; and add a little salt, pepper and oil. Cut a red sweet pepper into similar sized chunks and layer them on; add more salt, pepper and oil. Microwave a few minutes. Meanwhile, slice the zucchinis into quarters lengthwise, and cut out the seeds (which are tasty without cooking, but don't stand up to the grill). Cut each spear into triangles about the size of the other pieces; layer in the pot; and add more salt, pepper and oil. Microwave a couple of minutes and mix; repeat; then grill with the mushrooms. Yum!

**Oven roasting.** Instead of the gas grill, spread the microwaved beans or summer vegetables on a sheet pan and then cook them in the oven.