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Preparation time: 15 minutes
Cooking time: 1 hour 15 minutes



Ingredients

800 g pole beans – wide beans – (cleaned 780 g)
4 sprigs thyme
70 g Lardo (fat Italian white bacon)
1 pinch coarsely crushed long pepper or black pepper

Preparation

Wash and clean the beans and blanch quickly in salted water. Then shock in ice water and drip-dry.

Place beans next to each other in a boil-proof bag and place the thyme on top of the beans.

Cut the lardo into small pieces of approximately 0.5 cm and spread over the vegetables together with the pepper.

Vacuum the bag with 100% and cook sous vide in the **fusionchef** sous vide water bath at 80 °C for 55 to 75 minutes. Then shock in ice water and place in refrigerator until ready to use. Finish by warming the vegetables in the bag and toss briefly in the sauté pan and serve. Add some cold-pressed olive oil if desired.