Lemon Green Bean Almond Mold

6 small green-bean and almond molded sides, about 105–110 ml each · Active 35 min · Total 11 hr

Ingredients

• 7 oz fully cooked, drained and cooled green beans (200 g final weight); start with about 9 oz fresh trimmed beans (250 g), washed and cut into ½-inch (1 cm) pieces, and prepare extra if needed to obtain the final weight

• Drinking water to boil beans, about 4–6 cups (960–1440 ml), enough to keep them submerged, plus boiling water to top up as needed; drain away

• Unflavored powdered gelatin, 12 g (one standard 7 g envelope plus 5 g weighed from another), of the specified setting strength

• ¼ cup cold drinking water (60 ml), for blooming

• 1½ cups clear ready-to-use mild vegetable broth (360 ml), divided

• 2 tablespoons fresh lemon juice (30 ml), seeds removed

• ½ teaspoon sugar (2 g)

• ⅛ teaspoon fine salt (0.75 g), or omit if broth is salty

• ¼ cup commercially ready-to-eat slivered almonds (20 g)

• ½ teaspoon neutral oil (2.5 ml), divided for wiping six molds

Set out

Knife and board, Saucepan for beans, Colander, Shallow refrigerator tray, Small saucepan for gelatin base, Mixing bowl and spoon, Kitchen scale and measuring jug, 6 small metal molds of at least 150 ml capacity each, Paper towel, Food thermometer, Cold plates, Reliable refrigerator

Allergens

Tree nuts (almond). Check labels and substitutions.

Make it

1. Bring the bean cooking water to a boil. Add the fresh bean pieces, return to a boil and boil for at least 30 minutes, keeping them submerged and adding boiling water if needed. Drain thoroughly, spread on the shallow tray and refrigerate promptly until cold, usually 30–45 minutes. Weigh 200 g cooked, drained beans; prepare more with the same full boiling stage if short, and reserve any excess separately under its original storage clock. Blot surface moisture. Check the six mold capacities, dry and wipe lightly with oil.

2. Sprinkle gelatin over the 60 ml cold water in the mixing bowl and bloom 5–10 minutes. Warm 1 cup (240 ml) broth with sugar and salt to about 140–150°F (60–65°C), take off heat and stir into bloomed gelatin until fully dissolved. Stir in the remaining 120 ml broth and lemon juice.

3. Refrigerate the bowl, stirring gently every 10 minutes, until lightly syrupy, usually 25–40 minutes. Fold in the fully cold dry beans and ready-to-eat almonds. Divide all mixture among the six molds, about 105–110 ml each, remaining below the actual mold fill line. Put any excess in a separate small refrigerator cup.

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4. Cover and refrigerate at 40°F (4°C) or below for at least 8 hours, preferably overnight, until completely set. The 11-hour estimate includes bean cooking/cooling, gelatin preparation and the suspension stage; slower chilling extends it.

5. For unmolding, set a cold plate beside the refrigerator. Dip only the outside of the metal mold in warm, not hot, water, about 100°F (38°C), for 5–8 seconds without letting water touch food. Dry the outside, loosen just the upper edge with a clean fingertip and invert onto the plate. If stuck, repeat a brief dip rather than shaking violently. Refrigerate again immediately if not serving now. Serve one small vegetable mold per side portion.

Gelatin starting strength

Use food-grade unflavored powdered gelatin with a manufacturer benchmark of 7 g for about 2 cups (500 ml) plain liquid. Weigh the stated grams: envelope sizes and powder density vary. A flavored dessert packet, collagen peptides, sheet gelatin or agar is not an equal substitute.

Cold service

This is an original retro-inspired recipe, not a recovered 1960s formula. Gelatin is animal-derived; the vegetable ingredients do not make the dish vegetarian. A reliable refrigerator and the stated earlier ingredient deadlines are essential.

Ingredient labels

Broth can add celery, wheat, soy or other allergens. Check labels and ready-to-eat nut cross-contact statements.

A useful detail

Free liquid is 450 ml: 60 ml bloom water +360 ml broth +30 ml lemon juice. Cooked beans contribute 200 g moist solids and almonds 20 g dry inclusions. Twelve grams gelatin gives a firmer acidic, vegetable-filled set; cooking water is drained and not part of that liquid total.

Keep it well

Keep covered at 40°F (4°C) or below. Use within 2 days of assembly or the earliest ingredient deadline, whichever comes first. Include the overnight setting period in that limit. Keep total unrefrigerated preparation and serving below 2 hours, or 1 hour above 90°F (32°C). Chill slices promptly after service; discard food exceeding those limits. Do not freeze; freezing damages the gel and releases water.