

Deniz Börülcesi

Learn to make traditional Greek Deniz Börülcesi (Sea Beans) - a healthy Mediterranean meze perfect with fish. Simple 30-minute recipe with lemon dressing.

15 min

HAZIRLIK

15 min

PIRME

30 min

TOPLAM

4

PORSIYON

Easy

ZORLUK

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Malzemeler

- 1 bunch sea beans
- 2 clove garlic
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp salt

Yapılış

- Prepare the sea beans**

Rinse 1 bunch of sea beans thoroughly under cold running water, rubbing them gently to remove all sand and debris.
- Fill a medium saucepan with water and bring to a rolling boil over high heat.
- Add the cleaned sea beans to the boiling water and cook for 15 minutes until tender but still slightly firm.
- Drain the sea beans in a fine-mesh strainer and let cool for 5 minutes until comfortable to handle.
- Remove and discard any tough woody stems from the cooled sea beans, keeping only the tender green parts.
- Make the dressing**

Mince 2 cloves of garlic finely until no large pieces remain.
- Whisk together 2 tablespoons olive oil, 1 tablespoon lemon juice, the minced garlic, and 1 teaspoon salt in a small bowl until the mixture is smooth and well combined.
- Serve**

Pour the dressing over the prepared sea beans and toss gently until evenly coated.
- Serve immediately at room temperature or refrigerate for up to 2 hours before serving.

Notlar

Rinse sea beans thoroughly in cold water to remove any sand or debris before cooking, as they grow in coastal environments and can trap particles.

Don't oversalt the dish - sea beans are naturally salty, so taste before adding additional salt to the dressing.

Blanch the sea beans just until they turn bright green and are tender-crisp, usually 1-2 minutes maximum to preserve their unique texture.

Prepare an ice bath before blanching to immediately stop the cooking process and maintain the vibrant green color.

Allow the sea beans to cool completely before adding the dressing to prevent the acid from cooking the vegetables further.

Make the garlic dressing at least 30 minutes before serving to allow the flavors to meld and develop.

Serve the dish within a few hours of preparation for the best texture and flavor, as the acid in the lemon juice will eventually soften the beans.

If sea beans are very salty, you can soak them in fresh water for 10-15 minutes before blanching to reduce the saltiness.