

## PELZMANN SCARLET-RUNNER BEAN SALAD

WITH RED ONION, APPLE AND KERNEL OIL

150 g scarlet-runner beans  
2 bay leaves  
1 pinch of sugar  
one tbsp. of savory or 3 fresh twigs  
200 g sour apples  
1 small green bell pepper  
1 red onion  
80 ml apple juice  
30 ml Pelzmann apple-vinegar  
30 ml Pelzmann Styrian pumpkin seed oil  
Salt, pepper



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Thoroughly wash the scarlet runner beans with cold water and allow to soak in three-times the volume of water overnight. Add sugar, bay leaves and savory to the water the beans were soaked in and bring this to the boil, then turn down to a medium heat and simmer for approx. 1.5 hours until soft, finally strain and set aside to allow to cool.

Peel the apple and cut into 1 cm chunks. Remove the stalk and seeds from the bell pepper and cut into 2 cm long and 3 mm wide strips. Peel and quarter the red onion, and also cut into 3 mm wide strips.

Mix a marinade consisting of apple juice, vinegar, pumpkin seed oil, salt and pepper. Add the chunks of apple and the strips of onion and bell peppers to the scarlet runner beans and mix with the marinade.