

Recipe of the Month: November 2009

BEANS WITH OLIVE OIL AND AROMATICS

Yields: 6 serving | Serving size: 1/2 cup

Qty	Measure	Ingredients
1 1/2	Cup	Dried beans (white, broad, black beans chickpeas, etc) soaked overnight and drained
Any combination of the following aromatics		
1	small	Onion, quartered
1		Clove garlic, lightly crushed
4-5		Sage leaves, fresh
2		Bay leaves
12		Black peppercorns
1	small	Dried red hot chili
1/4	cup	Extra virgin olive oil, best quality
1	tbsp.	Minced flat leaf parsley
		Sea salt to taste
		Freshly ground pepper, to taste

Method:

1. Set the beans in a saucepan with any or all of the aromatics. Cover with 3 1/2 cups of water and bring to a boil.
2. Turn the heat down and simmer for 30 - 60 minutes, depending on the age of the beans. Add boiling water if needed to keep the beans from scorching. Beans should be very tender but not falling apart.
3. Drain the beans and reserve the cooking liquid. Remove the aromatics.
4. Add the olive oil and stir to coat the beans well.
5. Dress the beans (see dressing options below) and stir to coat the beans well. Add salt and pepper to taste.
6. Let the beans cool and absorb the flavor of the dressing.
7. Garnish with minced parsley before serving.
8. Serve warm or at room temperature.

Dressing Options: Bold

- 1 garlic clove, minced + 6 scallions sliced diagonally.
- Finely sliced red onion + finely slivered fresh green chilies.
- 1/2 lemon juice + 1/2 tsp ground cumin + pinch of red hot pepper flakes.
- 1 Tbsp finely minced fresh herbs - basil, dill, fennel tops, chervil, sage, etc.
- 1 Tbsp Red wine vinegar + 1Tbsp parsley + 1 Tbsp capers+ red onion, very finely minced.

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Vinaigrette for White Beans:

- Pesto thinned with olive oil
- Red wine vinaigrette + red onions and parsley
- Sun-dried tomato vinaigrette + red onions + oil packed sun dried tomatoes and basil.

Additional Garnish:

- Pitted black olives, coarsely chopped.
- Chopped red onions and parsley.
- Best quality tuna, flaked over top with capers.
- Peeled shrimp, quickly sautéed with olive oil and tossed with basil or other green herb, salt and pepper.
- Peeled shrimp sautéed with olive oil and sun dried tomatoes and garlic.
- High quality caviar.

Nutritional Information

Calories: 225.11, Cholesterol: 0 mg, Fat: 3.1501 g, Saturated Fat: 0.8135 g, Calories from Fat: 19.0, Protein: 11.359 g, Carbohydrates: 40.582 g, Sodium: 68.564 mg, Fiber: 11.650 g, Trans Fat: 0 g, Sugars: 6.1366 g