

DRIED SHELL BEANS

Dried shell beans are a treat from the autumn harvest that can be enjoyed throughout the rest of the year. The varieties we grow for drying include:

SPAIN / BASQUE REGION

pocha
garrafón valenciano

FRANCE

haricots tarbais

ITALY

cannellini
heirloom runner cannellini
corona



STORING DRIED SHELL BEANS

Our freshly dried shell beans are best stored in a cool, dark, dry place. An airtight container or even a simple paper bag works well. However – be sure to avoid any humidity/moisture. Under these conditions, dry beans can be stored for 6-9 months. Cooked beans can be refrigerated in their cooking water for 2 days.

GENERAL COOKING INSTRUCTIONS FOR DRY BEANS

Beans triple in size, so start with a large pot. Soak beans overnight (or at least 8 hours) in plenty of water – use about 5 times the volume of water to dry beans. For example, for every cup of dry beans, add at least 5 cups of water for soaking. After soaking, drain and discard the soaking water.

Next, place beans in a large pot and top with fresh water about one inch and a half above the beans. When you cook them, you want to have a gentle simmer and not a rolling boil, a too high boil can split the beans. So simmer the beans gently and skim off any foam as you go along. Adding about a teaspoon of olive oil will help reduce foaming. How long your beans will need to cook depends on how long they soaked as well as their size. They can take anywhere from 1 ½ to 3 hours to become soft. Try them out as they're cooking until they achieve a perfect softness.

Never add salt or acid ingredients (wine, tomatoes, vinegar, or citrus juice) until beans are tender, or else they will not fully tenderize. Add herbs and spices anytime. Cool beans in cooking liquid to keep them from drying out. When reheating cooked beans, add a tablespoon or two of water if necessary to moisten.

BEAN ARITHMETIC

½ pound = 1 cup dry beans = 3 cups cooked

1 pound = 2 cups dry beans = 6 cups cooked

shell bean purée on grilled bread

½ lb shell beans, soaked and drained as per general cooking instructions
2 cloves of garlic sliced
salt and pepper
a few sprigs of savory or rosemary
¼ cup of olive oil
grilled bread – cut into hearty slices

In a saucepan, cook beans in fresh water until they are almost falling apart. Drain, but reserve 1 cup of the liquid. Add garlic to the beans in the saucepan. Then add a little salt, savory or rosemary and about ¼ cup of olive oil. Cook over low heat stirring until the beans soften further and begin to form a paste. Add more water if you need to. Spread over some great grilled bread!

insalata toscana - *cannellini bean tuscan salad*

cannellini beans, soaked and drained
olive oil
sherry vinegar
black pepper
tomatoes
fresh rosemary
flatleaf parsley
1 small sweet onion

Bring a pot of fresh water to a boil and drop the beans in. Let them simmer for about 20 minutes until done. While they're cooking, make a simple vinaigrette using olive oil and sherry vinegar. When the beans are done, drain them. Toss the beans in the vinaigrette while they're warm, allowing them to absorb the flavor of the vinaigrette better. If you want, add some chopped herbs, such as basil and thyme, some freshly-ground black pepper and a bit of minced onion. Let cool to room temperature. You can allow the beans to marinate for a few hours, which will improve their flavor. Quarter some tomatoes, coarsely chop some fresh rosemary and flat-leaf parsley, and toss them with the beans. Add salt to taste. Top with shaved pecorino romano cheese.

corona beans in broth

1 pound dried corona beans
1 onion
2 teaspoons dried sage, crumbled
4 garlic cloves, peeled, or more to taste
1 tablespoon olive oil, plus more for serving, if desired
salt and pepper
10 fresh sage leaves, optional

Rinse beans and soak overnight as per general cooking instructions above. Drain, cover with fresh water to about 1 ½ inches above the beans. Add quartered onion, 1 teaspoon salt, sage, garlic, and olive oil. Simmer until beans are tender but not mushy, 1 hour or more, depending on how fresh the beans are. Check occasionally to make sure beans are still covered with liquid. Remove from heat and let cool in cooking liquid. Serve lukewarm (reheat if necessary) in a bowl with the cooking liquid

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as broth. Add salt to taste, a little freshly ground pepper, and, if desired, sautéed sage leaves and/or a drizzle of very good olive oil.

TIP: To sauté sage leaves, coat a small heated skillet with olive oil, put the leaves in flat, and cook briefly, turning once, until they begin to brown.

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