



Slow Beans



EPICUREAN GROUP

The Natural Choice.

Slow Beans

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<http://www.slowfood.com/what-you-need-to-know-about-pulses/>

What You Need to Know About Pulses

4 FEBRUARY 2016

Long a staple in the diet of many communities, pulses are still a common ingredient in cuisines around the world. A cheap and tasty source of protein, minerals, vitamin B1 and micronutrients, they make a great ally for both healthy eating and economic survival, particularly in developing countries. Indeed, with the slogan “nutritious seeds for a sustainable future,” [FAO](#) has declared 2016 [International Year of Pulses](#), in order to raise awareness about their advantages, increase their production and sale and encourage new uses along the whole food chain. So it’s a good moment to ask: Just how much do you know about pulses?

- How to choose them

There are dozens of varieties of edible pulses, from dried peas to lentils, chickpeas and a host of different beans, such as broad beans and lupins. Choose local products where possible (check out the [Slow Food Presidia](#) and the [Ark of Taste](#) products) or, if packaged, read the label carefully.

- Do they need to be soaked?

Dried pulses require a long soak in water, at least until they double in volume. Change the water a few times during the soaking. This is an essential phase before cooking, so that they can release any toxic or hard-to-digest substances. Soaking times depend on the pulses being used, and it’s not a problem if they stay in the water for a few hours longer than necessary; in fact, they’ll only become more digestible. Don’t use the soaking water to cook them; save it instead to water the garden.

- Kombu seaweed: A useful ally

It's a good idea to put a piece of kombu in the soaking water. This seaweed can help to neutralize antinutrient substances. It can also be used in the cooking water, because at boiling temperatures it helps create the ideal pH to encourage greater digestibility.

- What pot?

Metal is not the best material for cooking pulses because it creates an acidic environment and hardens their skins. A terracotta pot is best. Beans should be cooked over a low flame, and started in cold water. The foam that forms when the water boils must be skimmed off.

- The bicarbonate trick

Adding sodium bicarbonate (baking soda) to the pot helps pulses cook better, making them soften faster without disintegrating. This is a particularly good tip for dried beans that have spent a long time in the back of the cupboard.

- A pinch of salt... or not?

Never add salt before or during cooking, as it will harden the pulses' external skin and make the cooking time longer.

- Do they create bloating?

Pulses are a valuable food, but often they can cause intestinal bloating. Try adding a few bay leaves to the cooking water, or one of the following herbs and spices: basil, cumin, coriander, chives, thyme, rosemary, cardamom, turmeric, fennel seeds or dill.

- What's the best pairing for a complete dish?

The best pairing is with grains, like farro, kamut, millet, barley, quinoa or rye. In fact, the cereal-and-bean combination is a feature of many traditional cuisines.

- Are there any Slow Food events focused on legumes?

If you want to enjoy the pleasures of pulses, why not enjoy an all-Italian holiday in Naples from March 4-6, the wonderful setting for [Leguminosa](#), the second edition of an international event conceived by Slow Food Campania to promote the immense heritage of beans and other legumes. Meanwhile, autumn in Tuscany is usually the time for [Slow Beans](#), during which pulses from the local area, as well as the rest of Italy and Europe, are displayed, sold, cooked and eaten. You can also learn more about beans at specific Taste Workshops that look at their nutritional value and explore their history.

Key messages about Pulses



Pulses are highly nutritious



Pulses are economically accessible and contribute to food security at all levels



Pulses have important health benefits



Pulses foster sustainable agriculture and contribute to climate change mitigation and adaptation



Pulses promote biodiversity

They are non GMO.

<http://www.fao.org/pulses-2016/about/key-messages/en/>

What are pulses made of?

(<http://www.fao.org/pulses-2016/about/key-messages/en/>)



Pulses may look small, but they are a nutritional powerhouse! Here are some interesting facts that you might not know:

Did you know that 100 g of boiled **split lentils** contain:

- more than **2.5 mg of iron***, a mineral useful for preventing anemia,
- and up to **11 g of protein**, which is about triple the protein content of rice?

Did you know that 100 g of boiled **common beans** have:

- **8.5 g of dietary fiber**, which improves stool volume and bowel transit,
- and **78 mcg of folate**, a vitamin that reduces the risk of neural tube defects like *spina bifida* in newborn babies?

You can now find this data and more in uPulses1.0, FAO's pulses composition database developed for the IYP. uPulses provides a complete nutrient profile for 16 species of pulses. In total, uPulses contains 177 food entries: 61 entries for raw pulses and 116 for cooked pulses.

Prior to uPulses, most food composition databases and international scientific literature poorly covered pulses. Therefore, creating a comprehensive database detailing the vitamin and mineral content of pulses has been one of the IYP's priorities.

Most countries – both developing and developed- face some form of malnutrition, whether it is undernutrition or obesity. Pulses can help fill in the nutritional gaps that diets often lack. They also serve as a great substitute to animal-proteins, which are higher in fats.

It doesn't matter if you are a nutrition expert, a policy-maker, an athlete or if you just want to eat a healthier diet, uPulses contains all the nutritional information you have ever needed about this food source. Parents and school teachers can also use the nutritional facts in uPulses, as well as these [useful tips](#), to encourage children to eat more pulses.

You can access the uPulses database and its user guide [here](#).

** Combining pulses with sources of vitamin C, like citrus fruits, improves the iron available from them.*

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<https://www.slowfoodusa.org/about-us>

Slow Food USA

About Us



Welcome to the table! We inspire individuals and communities to change the world through **food that is good, clean and fair for all**. As the Slow Food movement grows, we stay true to these core values for all:

GOOD

- Believe that delicious nutrition is a right for everyday life
- Cultivate joyful connections to community and place
- Advocate for diversity in ecosystems and societies

CLEAN

- Protect natural resources for future generations
- Help people and the environment depend on each other
- Promote food that is local, seasonal, and sustainably grown

FAIR

- Build local cooperation and global collaboration while respecting all laws
- Require no prerequisite or credential for participation
- Fight for dignity of labor from field to fork

Slow Food USA is part of the global Slow Food movement creating dramatic change in more than 160 countries. In the US, there are more than 150 local chapters and 6,000 members. Join us to connect the pleasures of the table with a commitment to the communities, cultures, knowledge, and environment that make this pleasure possible.



What We Do

Slow Food USA gathers likely and unlikely allies to transform the way we produce, consume, and enjoy food.

GATHER

From grassroots activists to policymakers, from farm to table, we are gathering a vast network for a common good. We gather both in online communities and in local, national, and international events.

- [Find a local chapter](#)
- [Terra Madre 2016, in Turin, Italy](#)
- [Facebook](#), [Twitter](#), [Instagram](#), [email](#)

CAMPAIGN

Together around specific issues, we campaign to make cultural shifts for food that is good, clean, and fair for all. Join us!

- **School Gardens**: We educate and grow the next generation of food-aware individuals.
- **Slow Meat**: We work to improve animal welfare and reduce the impact of eating meat on the environment.
- **Biodiversity**: We promote sustainable agriculture, support small-scale food producers, and preserve traditional foods and knowledge, through our **Ark of Taste** and **Presidia** (groups of artisan producers).

PARTNER

We build momentum through strategic partnerships. Slow Food began as a grassroots movement of concerned individuals changing the world. As our movement matures, we are increasingly connecting the foodies and the activists and other local and “slowcal” heroes with each other and with food-forward influencers, consumer groups, and policymakers.

- **Chefs Alliance**
- **Slow Food Youth Network**





The **Ark of Taste** is Slow Food's online catalog of traditional foods that risk extinction in the modern world. The current catalog lists over 3000 products, including, fruits, vegetables, dairy products, animal breeds, breads and sweets from around the world.

The Ark was created to point out the existence of these products, draw attention to the risk of their disappearance within a few generations and invite everyone to take action to help protect them. Anyone can nominate a product for the Ark!

TWO beans are the Ark of Taste that we can easily buy and serve:

- #1 Christmas Lima Bean (Chestnut Lima Bean),
popular in the southwestern region of the US
- #2 Jacob's Cattle Bean,
from Prince Edward Island, Canada

SEE INFO, NEXT 2 PAGES

#1 Christmas Lima Bean, or Chestnut Lima Beans (*Phaseolus lunatus*)



Historically, gastronomic accounts date the Christmas Lima Bean to the 1840s when it was especially popular in the southwestern region of the US. The bean, which is often called the chestnut Lima because of its similarity in taste to the nut, is a large—quarter sized—white, flat seed with maroon spots and swirls. These intricate burgundy designs remain on the bean once it is cooked.

The Christmas Lima has a full-bodied, nutty, chestnut taste and the texture of baked potatoes. It is used in both its mature green state as a shelled Lima for eating fresh, freezing or canning as well as used dried, cooked into stews and casseroles. The Christmas Lima is very successful in the high desert environments of the southwest. They are hardy, heat tolerant and very productive—a bean known for its yield and versatility.

#2 Jacob's Cattle Bean (*Phaseolus Vulgaris*)



This bean is a Prince Edward Island heirloom. Legend has it that it was a gift from Maine's Passamaquoddy Indians to Joseph Clark, the first white child born in Lubec, Maine.

It is a plump, white and red speckled, kidney-shaped bean with vivid maroon splashes. It is full-flavored, holds its shape under long cooking, and stands up well to plenty of seasoning. The bean has a rich aroma. It is a little tannic on the tongue and tastes almost like a green bean with a slightly fruity aftertaste. The aftertaste was also described as rich and nutty.

Photo courtesy of Gina Fiorillo

List of beans
available at
US Foods

And skew numbers



Cannellini Bean

#2320190

Organic Cannellini Beans are white kidney beans with a mild, nutty flavor and smooth, tender texture. They are extremely popular in Italian cuisine. Also known as "Italian white kidney beans" or "fasolia beans," they resemble kidney beans in size and shape, but are creamy off-white in color. Approximately 1/2 inch long, Hold their shape very well after cooking, making them a great addition to soups, salads and side dishes.



Heirloom blend

US FOODS #10847011

Heirloom beans are seeds passed down from generation to generation without genetic alteration by man a blend of Rattlesnake, Tongue of fire, Appaloosa beans, Chestnut Lima beans and Jacobs Cattle beans

NOTE: The Chestnut Lima Bean (Christmas Lima Bean) and the Jacobs Cattle bean are on the Ark of Taste, see pages 9 - 11.



Tongue of Fire Bean

US FOODS # 9566431

Tongues of Fire Beans are heritage beans, wildly popular for their great taste and striking mottled skin with flame-like streaks. They offer nutrient-density, mild flavor and a creamy texture that performs well on its own or as a component among other ingredients. Approximately 3/8 to 5/8 inch long, Amber with deep burgundy, flame-shaped streaks



Appaloosa bean

US FOODS # 9566035

The Appaloosa Bean is a hybrid legume related to pinto and red kidney beans. It is about 1/2 inch long, with unique half-ivory, half-speckled purple or mocha markings that fade, but remain distinct when cooked. Mild flavor and firm texture, Rich in protein, fiber, calcium and iron, A visually pleasing substitution for kidney and pinto beans



Christmas Lima Bean (or the Chestnut Lima Bean)

9566381

The Christmas Lima Bean is a large, flat, heirloom-variety pole bean with a swirling maroon pattern on a white background. These markings remain visible after cooking. Its chestnut-like flavor and flaky texture make it a distinctive bean for a variety of culinary applications. Colorful pattern remains after cooking, High in fiber and protein, Naturally gluten free, Heirloom variety

NOTE: Christmas Lima Bean is on the Ark of Taste, see pages 9 - 11.



Eye of the Goat

US FOODS # 9566373

The Eye Of The Goat Bean (or "Ojo de Cabra" Beans) is an heirloom runner type bean related to Scarlet runner beans. They are round, slightly kidney shaped with a beige-tan background and curved brown stripes. They have a creamy texture and keep their shape after cooking, The Eye of the Goat bean has a great natural flavor but still is very versatile and a perfect vehicle for bold flavors. They can be substituted for pinto, black-eyed pea, cranberry, or red kidney beans



Eye of the Tiger

1980473

Tiger Eye Beans, also known as "pepa de zapallo," are considered an heirloom variety bean, and have a creamy, potato-like texture and thin skins that nearly dissolve when cooked. 1/2 inch long, Amber or gold with dark red or maroon swirls, Believed to resemble the coloring of a tiger's eye, Originated in Chile or Argentina



Rattle Snake Bean

9566399

Rattlesnake Beans have variegated tan to reddish-brown skins streaked and speckled with mahogany or dark brown, similar to their relative the pinto bean. The menacing name comes from the way the red-streaked green pod grows, in a curved or coiled shape resembling a snake. About 1/2-inch long, More assertive flavor than pintos, they're a flavorful substitute in chili, refried beans or casseroles, High in protein and fiber



Snow Cap bean

9566415

The heirloom Snow Cap Bean gets its name from the ivory-colored "cap of snow" that covers about half of its 1/2-inch-long reddish-tan body, which is marked with variegated streaks of deep red. Retains its beautiful markings when cooked, Has a smooth, velvety texture and a mildly nutty flavor, similar to cannellini beans or baked potatoes

Slow Beans

The recipes



Braised Slow Beans with Collard Greens and Ham

Yield: Makes 6 to 8 servings

Ingredients

1 pound dried cannellini slow beans
1 medium-size yellow onion, diced
9 cups house made chicken stock
6 fresh thyme sprigs
5 fresh flat-leaf parsley sprigs
2 bay leaves
3 fresh sage sprigs (optional)
3 fresh basil sprigs (optional)
Kitchen string
2 (1-lb.) smoked ham hocks
1 Parmigiano-Reggiano cheese rind (optional)
4 cups chopped fresh collard greens
2 garlic cloves, chopped
1 tablespoon olive oil
1 (14.5-oz.) can fire-roasted diced tomatoes

Preparation

1. Rinse and sort beans according to package directions. Place beans in a large bowl; add water to 2 inches above beans. Cover and chill 8 to 12 hours.
2. Drain beans, and place in a large saucepan. Add onion and 8 cups stock. Tie together thyme, parsley, bay leaves, and, if desired, sage and basil with string; add to bean mixture. Add ham hocks and, if desired, rind. Bring to a boil over medium-high heat. Reduce heat to low, and simmer, uncovered and stirring occasionally, 1 hour or until beans are tender but hold their shape. Skim off foam with a spoon.

Braised Slow Beans with Collard Greens and Ham

(Continued)

3. Remove hocks, and cool 5 minutes. Remove meat from bones; discard bones. Return meat to bean mixture. Add collards, and cook, stirring occasionally, 15 to 20 minutes or until collards are tender.

4. Sauté garlic in hot oil in a large skillet over medium-low heat 2 minutes or until light golden. Add tomatoes, and sauté 5 minutes. Stir tomato mixture and remaining 1 cup broth into beans, and cook, stirring often, 5 minutes or until liquid is reduced by half. Discard herb bundle and cheese rind; season beans with salt and pepper to taste. Serve immediately.



Tomato and White Slow Bean Soup

Yield: Serves: 6-8

Ingredients

2 tablespoons olive oil
1 onion, chopped
1 rib celery, chopped
2 carrots, chopped
1 tablespoon tomato paste
1 pound dried cannellini beans
3 cups house made chicken stock
Salt and pepper
1/4 cup pesto, optional
1 1/2 cups garlic croutons, optional

Preparation

1. Rinse and sort beans according to package directions. Place beans in a large bowl; add water to 2 inches above beans. Cover and chill 8 to 12 hours.
1. Warm oil in a large pot over medium-high heat. Add onion, celery and carrots. Cook, stirring frequently, until vegetables have softened, about 5 minutes. Stir in tomato paste and beans. Pour in stock, season with salt and pepper, increase heat to high and bring to a boil. Reduce heat to medium and simmer, stirring often, until vegetables are tender, about 10 minutes.
2. Remove soup from heat and allow to cool slightly. Working in batches, carefully puree soup in a blender until thick but still a bit chunky. Return soup to pot and bring to a simmer over medium heat. Season with salt and pepper. If soup is too thick, thin with additional broth. Serve hot, topped with pesto and croutons, if desired.



White Slow Bean and Pumpkin Hummus w/Pita Chips

Yield: Serves 12 (serving size: 3 tablespoons hummus and 4 pita chips)

Ingredients

3 (6-inch) whole-wheat pitas, each split in half horizontally to form 2 rounds
2 teaspoons olive oil
1/2 teaspoon kosher salt
1 cup pumpkin puree
2 tablespoons tahini (sesame seed paste)
2 1/2 tablespoons fresh lemon juice
1 tablespoon extra-virgin olive oil
1 teaspoon ground cumin
1/2 teaspoon smoked paprika
1/8 teaspoon salt
2 cups dried cannellini or other dried white beans
2 garlic cloves, chopped

Preparation

1. Preheat oven to 400°.
2. Lightly brush rough sides of pitas with olive oil; sprinkle with kosher salt. Cut each pita half into 8 wedges; arrange wedges in a single layer on baking sheets. Bake at 400° for 5 minutes; rotate pans, and bake 5 additional minutes or until crisp and golden.
3. While chips bake, place pumpkin puree and remaining ingredients in a food processor; process until smooth (about 30 seconds). Serve pumpkin spread with pita chips.



Free Range Chicken and White Slow Bean Soup

Yield: 4 servings (serving size: 1 1/4 cups)

Ingredients

2 smoked bacon slices, chopped
12 ounces skinless, boneless chicken thighs, trimmed and cut into 2-inch pieces
1/2 cup chopped onion
1 garlic clove, minced
1 cup chopped plum tomato
2 tablespoons chopped fresh oregano
1/4 teaspoon black pepper
2 cups water
2 cups house made chicken stock
2/3 cup uncooked orzo (rice-shaped pasta)
2 cups dried white beans
2 tablespoons chopped fresh flat-leaf parsley
1 tablespoon white wine vinegar
1/4 teaspoon salt

Preparation

1. Cook bacon in a large saucepan over medium heat 7 minutes or until crisp. Remove bacon from pan, reserving drippings in pan; set bacon aside.
2. Add chicken to drippings in pan; sauté 6 minutes. Remove chicken from pan. Add onion and garlic to pan; cook 4 minutes or until tender. Add tomato, oregano, and pepper; cook for 1 minute, stirring constantly. Return bacon and chicken to pan. Stir in 2 cups water and stock, scraping pan to loosen browned bits. Bring to a boil. Add orzo, and cook for 9 minutes or until al dente. Add beans; cook 2 minutes or until heated. Remove from heat; stir in parsley, vinegar, and salt.



Grass Fed Beef and White Slow Bean Chili

Yield: Serves 4

Ingredients

1 large red onion
1 large jalapeño
3 cups house made chicken stock
2 (6-in.) corn tortillas, torn into pieces
1 tablespoon olive oil
8 ounces 90% lean ground sirloin
5 garlic cloves, minced
1 1/2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon smoked paprika
2 cups canned unsalted crushed tomatoes
1/2 teaspoon kosher salt
2 cups dried cannellini beans
1/4 cup plain 2% reduced-fat Greek yogurt
2 ounces Mexican-blend cheese (about 1/2 cup)

Preparation

1. Heat a large cast-iron skillet over high. Cut 2 (1/2-inch-thick) round slices from onion. Chop remaining onion; reserve. Add onion slices and jalapeño to pan; cook 8 minutes, turning to char on all sides. Remove onion slices; chop. Remove jalapeño; thinly slice.
2. Combine stock and tortillas in a food processor; process until combined.
3. Heat oil in a large Dutch oven over medium-high. Add beef; cook 6 minutes, stirring to crumble. Add reserved chopped fresh onion and garlic; cook 5 minutes. Stir in chili powder, cumin, and paprika. Stir in stock mixture, tomatoes, salt, and beans; bring to a simmer. Cook 10 minutes. Place 1 3/4 cups chili in each of 4 bowls. Top each serving with 1 tablespoon yogurt, 2 tablespoons cheese, charred chopped onion, and jalapeño.



White Slow Bean and Sage Pita Burgers

Yield: 6 servings (serving size: 1 burger)

Ingredients

1 tablespoon extra-virgin olive oil, divided
1/2 cup chopped onion
2 garlic cloves, minced
1/3 cup old-fashioned rolled oats
1/3 cup sliced almonds, toasted
2 tablespoons cornstarch
1 1/2 teaspoons chopped fresh sage
2 teaspoons Dijon mustard
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
4 cups dried cannellini beans
1 large egg, lightly beaten
1/2 cup reduced-fat sour cream
2 tablespoons grated fresh onion
2 tablespoons crumbled feta cheese
3 (6-inch) pitas, cut in half
6 green leaf lettuce leaves
6 (1/4-inch-thick) slices tomato

Preparation

1. Heat a large nonstick skillet over medium heat. Add 1 teaspoon oil to pan, and swirl to coat. Add 1/2 cup chopped onion and garlic; cook for 2 minutes, stirring frequently. Place mixture in food processor. Add oats and next 8 ingredients (through egg); process until smooth.
2. Wipe pan with a paper towel. Return pan to medium heat. Add remaining 2 teaspoons olive oil to pan, and swirl to coat. Working with one portion at a time, spoon bean mixture into a 1/2-cup dry measuring cup, and carefully remove bean mixture with a rubber spatula onto pan. (Bean mixture is very soft and sticky.) Using spatula, shape mixture into a 3/4-inch-thick round patty. Repeat procedure 5 times to form 6 patties. Cook 8 minutes or until golden, turning after 4 minutes.
3. Combine sour cream, 2 tablespoons grated onion, and cheese in a small bowl. Spread about 2 tablespoons sour cream mixture into each pita half; top with 1 lettuce leaf, 1 tomato slice, and 1 bean patty.



White Slow Bean, Asparagus, & Mushroom Cassoulet

Yield: 4 servings (serving size: about 1 3/4 cups)

Ingredients

5 cups water
3 cups (2-inch) slices asparagus (about 1 pound)
2 tablespoons extra-virgin olive oil, divided
3 cups sliced chanterelle or oyster mushrooms (about 10 ounces)
1/3 cup finely chopped shallots
6 garlic cloves, minced
1/4 cup dry white wine
1 1/2 cups house made vegetable stock
1/2 teaspoon dried marjoram or dried oregano
4 cups dried cannellini beans
1/4 teaspoon freshly ground black pepper
2 ounces French bread, cut into 1-inch cubes
1 tablespoon butter, cut into small pieces
1/2 cup (2 ounces) grated Parmigiano-Reggiano cheese

Preparation

1. Bring 5 cups water to a boil in a large stainless-steel skillet, and add asparagus to pan. Cover and cook 2 minutes; drain. Rinse asparagus with cold water; drain well. Set aside.
2. Return pan to medium-high heat. Add 1 tablespoon oil, swirling to coat. Add mushrooms, shallots, and garlic; sauté 8 minutes or until mushrooms are tender. Add wine; cook 3 minutes or until liquid evaporates. Stir in broth, marjoram, and beans; bring to a simmer. Reduce heat to medium, and cook for 12 minutes or until thick and beans are very tender. Stir in black pepper.
3. Preheat broiler.
4. Place French bread and butter in a food processor, and pulse until coarse crumbs form. Add the remaining 1 tablespoon oil and cheese to coarse breadcrumbs; pulse until combined. Stir asparagus into bean mixture; sprinkle coarse breadcrumb mixture evenly over bean mixture. Broil 3 minutes or until crumbs are golden brown.

Tongue of Fire Beans

Tongues of Fire Beans are a cranberry-type bean that can be used as a green bean, shelling bean or dried bean.

The plant is a high yielding bush-type with dark green leaves that grows 14 inches (36 cm) tall, and flowers with pink or pale purple blossoms; 60 to 100 days from seed.

The pods are 4 1/2 inches (11 cm) long. They are off-white with a touch of pale green, that get streaks of red as they mature.

Tongues of Fire Beans are ready to be picked as "green" beans at around 60 days, shelling beans around 75 days, and dried beans around 90 to 100 days.

The beans inside, when fully mature for use as dried beans are long and oval, 1/2 inch (1 cm) long by 1/3 inch (7.5 mm) wide. Tongues of Fire Beans are beige to darker beige with dark red spots on them.

Cooking Tips

Simmer soaked dried Tongues of Fire Beans for 2 1/2 hours; pressure-cook soaked dried beans for 20 to 25 minutes.

Equivalents

1 cup of beans, dry = 2 1/2 to 3 cups, cooked.



Slow Tongue of Fire Bean w/ Parmesan & Garlic Vinaigrette

Ingredients

- 3 cups Tongue of Fire beans
- 2 carrots
- 2 stalks celery
- 1 onion peeled and studded with 2-4 cloves
- 1 bunch fresh herbs of choice tied together in a bouquet garnish
- salt to taste
- parmesan cheese
- parsley chopped
- 3 cloves garlic minced to a paste
- 2 Tb lemon juice
- salt and pepper to taste
- 6 Tb olive oil

Instructions

Rinse the beans well and place them in a large bowl for soaking. Cover with 12 cups of cold water and soak for about 12 hours. Drain and rinse well.

Put the beans in a large stock pot; add the vegetables and herbs and 12 cups cold water. Bring to a simmer over high heat, and then reduce their heat so they are barely simmering. Cook until the beans are just tender, about 45 minutes to 1 hour depending on how you like them. Remove from heat, season to taste with salt and let cool in the liquid with the vegetables.

Combine the garlic, lemon juice, and salt and pepper in a bowl. Gradually whisk in the olive oil. Taste and adjust the seasoning to your palette.

To serve, drain the beans and place in a large pan over low heat. Add the above vinaigrette and gently warm. Plate on a platter and top with shavings of Parmesan and chopped parsley.



Slow Spicy Baked Tongue of Fire Beans

Ingredients

- 18 Bacon Slices, cut into 1/2-inch strips
- 5 Garlic Cloves, minced
- 1 Red Onion, minced
- 4 Tablespoons Mustard
- 1 2/3 Cups
- 3 Tablespoons Worcestershire Sauce
- 1/4 Cup Ketchup
- 6 Whole Brown Chipotle Chiles
- 6 Cups Tongues Of Fire Beans, cooked and drained
- 1/2 Teaspoon Kosher Sea Salt Flakes
- 1/4 Teaspoon Fine Ground Black Pepper

Directions

1. Cook bacon in oven-safe pot until starting to brown. Add garlic and onion, and sauté until onion is translucent.
2. Add mustard, brown sugar and Worcestershire sauce, and stir to combine. Add ketchup, chiles and cooked beans, and bring to a boil.
3. Cover pot and transfer to oven. Bake until flavors are infused, about 45 minutes. Season to taste with salt and pepper.



THAI COCONUT TONGUE OF FIRE SOUP

Serves: 4 Serving size: 1 ½-cup

INGREDIENTS

- 2 cups water
- 1 can (14 ounces, or 400 ml) light coconut milk
- 3 cloves garlic, minced
- 1 tablespoon lemongrass paste or 3 pieces lemongrass, smashed with the flat side of a knife (or substitute 1 teaspoon other lemony herbs such as verbena or lemon balm, or 1 teaspoon lemon zest)
- 1 teaspoon grated ginger
- 1 teaspoon kaffir lime leaves (optional)
- Two 1-inch-long (2.5-cm) slices ginger
- 12 fresh shiitake mushrooms, sliced or minced
- 1 ½ cups (375 g) cooked Tongue of Fire or kidney beans
- 1 cup (164 g) corn kernels
- ½ teaspoon salt
- ½ red bell pepper, cored, seeded, and diced
- zest of ½ lime
- ¼ to ½ teaspoon cayenne pepper
- 2 tablespoons minced cilantro, plus more for serving
- lime wedges, for serving

INSTRUCTIONS

1. Put the water, coconut milk, garlic, lemon grass paste, galangal root paste, kaffir lime leaves, ginger, mushrooms, beans, corn, and salt into a large saucepan or small stockpot.
2. Cook uncovered over medium heat for 15 minutes so the flavors can infuse into the broth.
3. Add the red pepper, lime zest, and cayenne and cook until the veggies are tender but still firm, and cook for about 15 more minutes.
4. Add the cilantro and taste and adjust the seasonings if needed.
5. Serve with the lime wedges and extra cilantro.



Three Slow Bean Summer Salad with Warm Beef Bacon Vinaigrette

Serves 6

For Salad

3 cups shelled beans (Tongue of Fire, Mauve Runner and Coco Beans)
2 cups sorrel leaves, sliced into bite-size pieces
2 large or 2 ½ cups tomatoes, chopped
Kernels from 1 ear of corn
2 green onions sliced
1 orange, peeled and sliced

Add beans to a large pot of water. Bring to a boil, then add about a tablespoon of salt and 2 bay leaves. Reduce heat to simmer and cook partially covered for 45 minutes to an hour. If you're using beans of different sizes, add the largest ones to the pot first, cook for 15 minutes, then add the smaller ones.

Drain and cool the beans. Then mix together the rest of the ingredients and dress with the Warm Beef Bacon and Garlic Vinaigrette.

Beef Bacon and Garlic Vinaigrette

3 slices thick Applewood bacon, diced
1 tablespoon olive oil
2 cloves garlic, minced
1 tablespoon whole grain mustard
2 tablespoons Sherry vinegar
Freshly ground pepper

Heat oil in skillet. Add bacon and cook till crisp. Remove from heat and whisk in the rest of the ingredients. Pour while still warm over the salad.



Appaloosa Slow Bean Summer Chili

Serves 4

Ingredients

1 tbsp olive oil
3 onions, chopped
2-3 green chillies, to taste, deseeded and finely chopped
2 garlic cloves, finely chopped
2 tsp ground cumin
1/2 tsp Aleppo chili flakes
1/4 tsp allspice
2 zucchini, chopped into 1-cm dice
1 red pepper, cored, deseeded and cut into 1-cm dice
2 tbsp tomato paste
14 oz canned plum tomatoes, roughly chopped (undrained)
2 cups cooked Appaloosa beans
1/2 cup red wine
1 cup house made vegetable stock
1 tsp dried Mexican oregano
A good handful of cilantro, finely chopped, plus extra to serve
Sea salt and freshly ground black pepper, to taste

1 avocado
juice of 1/2 lemon
handful cilantro, chopped
cabbage, sour cream, etc – for serving (optional)

Appaloosa Slow Bean Summer Chili (continued)

Instructions

1. In a large saucepan over medium-low heat, heat the oil. Add the onions and saute, stirring occasionally, until the onions are very soft, around 10 minutes. Add the green chiles, garlic, cumin, Aleppo chile flakes, and allspice and stir to combine. Allow to toast slightly, around 30 seconds.
2. Stir in the zucchini, red pepper, coating with the spices. Add the tomato paste, canned tomatoes with its juice, cooked Appaloosa beans, red wine, cilantro and oregano. If the soup seems too thick, add 1 cup of vegetable broth or water. Season to taste.
3. Raise the heat and bring to a boil. Reduce heat, cover and gently simmer for 25-30 minutes, until the vegetables are tender and the chili is thick and saucy. Season with salt and pepper, to taste. Set aside to cool.
4. Meanwhile, create your avocado topping by mashing the avocado with the lemon juice and cilantro. If you are lazy like me, just top with the sliced avocado.
5. To serve, place chili in a bowl, top with avocado (mash), and add shredded cabbage/lettuce, sour cream, etc, as desired.

Appaloosa Slow Beans with Heritage Pork Sausage

Ingredients

- 1½ cups appaloosa beans, soaked overnight (substitute pinto or other medium-sized beans)
- 3 cups water
- 2 bay leaves
- 1 tbsp. olive oil
- 2 onions, peeled and diced
- 5 garlic cloves, peeled and minced
- 2 carrots, diced
- 1 tbsp. fresh oregano (1 tsp. dried oregano)
- 1 cup house made chicken stock
- 6-8 oz heritage pork sausage, chopped (optional)
- 1 & 1/2 tsp. sea salt
- Fresh black pepper
- 1 tbsp. fresh parsley, minced

Ingredients

Discard soaking water from beans. Add 3 cups fresh water and bring beans to a boil. Skim and discard foam that rises to the top. Reduce to simmer, add bay leaves, cover and cook for one hour. Add 1 tsp. sea salt and continue cooking 15-20 minutes or until beans soften. Set aside. In a separate pot or deep frying pan, sauté sausage 3-5 minutes on medium heat. Add olive oil, onion, garlic, carrots and 1/2 tsp. sea salt and continue sautéing 2-3 minutes. Add the cooked beans (plus any liquid from the beans), chicken stock, and oregano. Cover and cook on medium/low heat 15-20 minutes. Adjust seasoning to taste. Garnish with fresh parsley.



Christmas Lima Slow Bean Salad

Servings: 6

Ingredients:

- 2 cup dried Christmas lima beans, picked over, rinsed, soaked and drained
- 1/2 small yellow onion
- 1 carrot, cut in half crosswise
- 1 celery stalk, cut in half crosswise
- 1 fresh thyme sprig
- 1 bay leaf
- Kosher salt and freshly ground pepper, to taste
- 1/4 cup red wine vinegar
- 1/2 cup extra-virgin olive oil
- 1/4 cup chopped mixed fresh herbs, such as parsley, chives, tarragon, chervil, marjoram and oregano
- 1/3 cup finely diced red onion
- 1/3 cup finely diced carrot
- 1/3 cup finely diced celery
- Fresh lemon juice, to taste

Directions:

Place the beans in a large pot and add water to cover by 2 inches. Add the yellow onion, carrot and celery pieces, thyme sprig and bay leaf. Bring to a simmer over medium-high heat, reduce the heat to medium-low and simmer, stirring occasionally, until the beans are tender, 1 to 1 1/2 hours. Season with salt and pepper, then drain the beans. Remove and discard the yellow onion, carrot, celery, thyme sprig and bay leaf.

Transfer the beans to a bowl.

Meanwhile, in a small bowl, whisk together the vinegar, olive oil and chopped herbs. Season the vinaigrette with salt and pepper.

Add the vinaigrette, diced red onion, carrot and celery to the beans and stir to combine. Refrigerate for 1 hour, stirring occasionally to evenly distribute the vinaigrette. Just before serving, adjust the seasonings with salt and pepper and stir in lemon juice. Serve chilled or at room temperature. Serves 4 to 6.



Christmas Lima Slow Bean Stew

Serves 8 - 10.

Ingredients

1 pound dried Christmas Lima beans
16 tablespoons extra virgin olive oil
2 large heads of celery, preferably with leaves, trimmed then sliced into 3/4-inch chunks
3 bunches of scallions, green parts included
8 garlic cloves, very thinly sliced
scant 2 teaspoons caraway seeds, lightly crushed
fine grain sea salt
1 28-ounce can whole plum tomatoes, drained, rinsed, cored and roughly chopped
2 - 4 teaspoons celery salt **
5 1/2 cups house made chicken stock
Oily black olives, seeded and roughly chopped
1 lemon, cut into 1/8ths

Instructions

If you haven't already cooked the beans, do so.*

Heat 12 tablespoons / scant 2/3 cup of the olive oil in a large pot over medium-high heat. When the oil is hot, add the celery, and stir until coated with olive oil. Cook for ten minutes, stirring often. Add 2/3 of the scallions, the garlic, caraway, and a couple big pinches of salt. Cook for another 10 - 15 minutes, or until everything softens and begins to caramelize a bit.

Christmas Lima Slow Bean Stew (Continued)

Add the tomatoes and 2 teaspoons of the celery salt and cook for another few minutes.

Add the beans along with 5 1/2 cups liquid (I typically do 2 cups bean liquid/broth + 3 1/2 cups water), and remaining 4 tablespoons of olive oil.

Bring to a simmer, taste, and season with more salt or celery salt if needed. Let sit for a couple minutes and serve each bowl topped with a spoonful of chopped olives and a squeeze of lemon.

You might also like to serve the soup sprinkled with the remaining scallions/spring onions.

***To prepare dried beans.** Drain and rinse beans after an overnight soak covered with water. Drain and place the beans in a large saucepan and cover with an inch or two of water. Bring to a boil and simmer until the beans are cooked through and tender. This can take anywhere from an hour to two hours (potentially more) depending on your beans, but do your best to avoid overcooking. Remove from heat, salt the beans (still in bean broth) - enough that the bean liquid is tasty. Let the beans sit like this for ten minutes or so before draining - reserving a couple cups of the bean broth. Set the beans aside. At this point you can use the beans, refrigerate for later use, or bag and freeze.

****To make celery salt:** Pick leaves from celery stalks. Make sure they're as dry as possible if you've recently washed them. If they're damp, they'll steam rather than crisp. Bake on a baking sheet in a 250F degree oven for 15 -25 minutes. Toss once or twice along the way, until dried out. Alternately, if I don't feel like heating up the oven, I toast them in a large skillet - over low heat, tossing regularly, for 30 minutes or so, while I'm prepping the other ingredients. Either way. Crumble the dried celery leaves with equal parts flaky salt.



Christmas Lima Slow Bean Sauté with Basmati Rice

Ingredients

- 2 cups Christmas lima beans
- 1 cup Basmati rice
- 1/4 cup olive oil
- 1 small clove garlic, chopped
- 1/2 cup yellow onion, chopped
- 1/4 cup lemon juice + 1 Tbsp lemon zest
- 2 Tbsp dill, chopped
- 1 Tbsp marjoram, chopped
- 1/4 cup feta cheese
- Sea salt and pepper

Instructions

1. In a large pot, cover beans with water and soak overnight. The next day, rinse and cover with water. Bring to a boil and let simmer for 30-40 minutes, or until tender but not mushy. Drain.
2. Cook rice according to package directions.
3. In a large saute pan, heat olive oil and saute onions and garlic until browned. Add lima beans and saute until browned and caramelized. Add salt and pepper to taste.
4. Once browned, add rice, lemon juice and zest and herbs, again add salt and pepper to taste. Before serving, stir in fresh Feta cheese and garnish with fresh dill.



Eye of the Goat Slow Beans w/ Salsa Verde & Feta

(serves 6-8)

For the beans:

- 2 tablespoons olive oil
- 1 small onion, finely diced
- 3 cloves garlic, minced
- 1 pound Eye of the Goat Beans, cooked
- 1 cup reserved bean cooking liquid
- 1 teaspoon salt
- ¼ teaspoon pepper

Heat the oil in a large, wide saucepan over medium heat. Add the onions and garlic and stir to coat evenly with the olive oil. Turn the heat down to low and continue cooking until they are soft and translucent, about 8-10 minutes. Stir occasionally to prevent the garlic from burning. Add the beans along with the cooking liquid, the salt and pepper.

Turn the heat back up to medium high and bring the beans to a gentle boil. Then turn it back down to low and simmer until half the liquid has evaporated, another 8-10 minutes. Cover and hold in a warm place.

For the Salsa Verde and Feta:

- 2 tablespoons finely minced shallots (1 large or 2 medium)
- 2 tablespoons good quality red wine vinegar
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ½ cup cilantro leaves, finely chopped
- ½ cup Italian parsley leaves, finely chopped
- ½ cup mint leaves, finely chopped
- ¼ cup finely minced chives (1 bunch)
- Zest of 1 lemon, finely chopped
- 2 anchovies, finely minced
- ½ cup plus 2 tablespoons olive oil
- 6 ounces feta cheese

Eye of the Goat Slow Beans w/ Salsa Verde & Feta

(continued)

In a small bowl, combine the shallots, red wine vinegar, lemon juice and the salt. Stir together and make sure the shallots are submerged in the liquid. Set aside for 15 minutes to macerate.

In a medium bowl, combine the chopped cilantro, parsley, mint, chives and lemon zest. Stir together. Add the anchovies to the shallot-vinegar mixture, then stir this into the chopped herbs. Stir in the olive oil and taste for seasoning. Adjust with more lemon juice and/or salt, if desired.

To serve:

Drizzle the Salsa Verde over the warm beans and crumble the feta over the top. Eat warm or at room temperature.

Goat (or pork) Chili with Eye of the Goat Slow Beans

INGREDIENTS

- 3 dried árbol chiles, stemmed and seeded
- 1 dried guajillo chile, stemmed and seeded
- 1 ancho chile, stemmed and seeded
- 1 1/2 cups boiling water
- 1 teaspoon cumin seeds
- 1 teaspoon dried oregano
- 1 garlic clove, chopped
- 1 teaspoon hot pimentón de la Vera (smoked Spanish paprika)
- Kosher salt
- 2 pounds trimmed, boneless goat or pork shoulder, rinsed and picked over, then cut into 1-inch cubes
- 2 cups dried Eye of the Goat or red kidney beans, rinsed and picked over, then soaked for 4 hours and drained
- 1 thick slice of bacon (1 ounce), cut crosswise into 1/4-inch strips
- 3 tablespoons extra-virgin olive oil
- 1 large onion, cut into 1/2-inch dice
- 1 cup dark Mexican beer, such as Negra Modelo
- 2 cups house made chicken stock
- Freshly ground pepper
- Sour cream, cilantro sprigs and lime wedges, for serving

HOW TO MAKE THIS RECIPE

1. In a heatproof bowl, soak the eye of goat beans, guajillo and ancho chiles in the boiling water until softened, about 20 minutes. Drain the chiles, reserving 1/3 cup of the soaking liquid. Coarsely chop the chiles.
2. In a small skillet, toast the cumin seeds over moderate heat until fragrant, about 20 seconds. Transfer the seeds to a blender. Add the chiles and their reserved soaking liquid along with the oregano, garlic, paprika and 1 tablespoon of salt. Puree until smooth. Scrape the chile puree into a large nonreactive bowl or baking dish. Add the goat and toss to coat thoroughly. Cover and refrigerate overnight.

Goat (or pork) Chili with Eye of the Goat Slow Beans *(continued)*

In a large saucepan, cover the beans with 2 inches of water and bring to a boil. Simmer over low heat, stirring occasionally, until tender, about 1 hour; add more water as needed to keep the beans covered by 2 inches. When the beans are just tender but still al dente, season them with salt and let stand in their cooking liquid for 5 minutes.

3. Preheat the oven to 375. In a large, enameled cast-iron casserole, cook the bacon over moderate heat until the fat has rendered, about 3 minutes. Using a slotted spoon, transfer the bacon to a large plate. Add the olive oil to the casserole. Working in batches, cook the chile-goat mixture over moderately high heat, turning a few times, until richly browned all over, about 4 minutes. Transfer the browned goat to the plate with the bacon.
4. Add the onion to the casserole and cook over moderately low heat, stirring occasionally, until softened, about 10 minutes. Add the goat and bacon and any accumulated juices and stir well. Add the beer and boil over high heat until reduced by half, about 8 minutes. Add the chicken stock and bring to a simmer.
5. Cover the casserole, transfer it to the oven and bake for about 30 minutes, until the goat is tender when pierced with a fork. Add the beans and bake, uncovered, for about 10 minutes, until they are warmed through. Remove the casserole from the oven and let rest for 10 minutes. Season with salt and pepper. Transfer the chili to bowls and serve with the sour cream, cilantro sprigs and lime wedges.



Eye of the Goat Slow Beans

Ingredients

12 ounces eye of the goat beans
Water
2-3 tablespoons olive oil (or oil of your choice)
3 cloves garlic, minced
1 medium onion, chopped
½ cup carrots, chopped
½ cup bell peppers, chopped (I used two small yellow and green peppers)
½ cup celery, chopped (including some leaves)
5 hot peppers, chopped (or to taste)
1 cup tomatoes, chopped
2 tablespoons tomato paste (optional, will add sweetness)
3 teaspoons salt
1 teaspoon pepper (black, cayenne, or Aleppo)
1 teaspoon ground cumin

Instructions

Garnish: Basmati rice, chopped fresh herbs (parsley or cilantro), and hot pepper (Aleppo or hot pepper flakes)

Pick through the beans to make sure there are no pebbles. Rinse the beans, drain them, and put in a crock pot. Cover with about two inches of water. Soak overnight. Drain. Pick through the beans again (just to make sure there are no bad ones you missed the first time). Cover with fresh water. Cook for 2 hours on medium or high. The temperature depends on how powerful your crock pot is; ours is old so I put it on high.



Heirloom Slow Bean & Wild Rice Salad

Salad:

- 4 cups cooked [Eye of the Goat](#) beans
- 4 cups cooked [Wild Rice](#)
- 1 cup cubed Sugar Pie pumpkin squash
- 1/2 red onion
- Extra virgin olive oil
- Salt and pepper
- 5 large Brussels sprouts
- 1 cup dried cranberries, rehydrated in water or brandy
- 1 fresh Fuyu persimmon, quartered and thinly sliced
- 1/3 cup baby arugula (rocket)
- 1/3 cup flat-leaf parsley leaves

Vinaigrette:

- 3/4 cup extra virgin olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons balsamic vinegar
- 1-2 teaspoons grainy mustard
- 2 tablespoons minced fresh herbs such as lemon thyme, chervil, or marjoram

Salt and pepper

Heirloom Slow Bean & Wild Rice Salad (continued)

Garnish:

1/4 cup plus 2 tablespoons pomegranate seeds

1 cup toasted walnuts or pecans, chopped

1. Preheat the oven to 400 degrees F. Toss the squash cubes and onion with a liberal amount of olive oil and sprinkle with salt and pepper. Transfer to a baking sheet and roast until tender, turning if necessary, 15 to 20 minutes. Once the onion is cool enough to handle, cut it into 1/2-inch dice.
2. Meanwhile, separate the leaves from the Brussels sprouts, discarding the tough cores. In a steamer, steam the leaves until bright green and just tender, about 3 minutes.
3. To make the vinaigrette, whisk the olive oil, red wine vinegar, balsamic vinegar, mustard, and herbs together in a bowl. Add salt and pepper to taste.
4. In a bowl, combine the beans, wild rice, and diced onion. Mix in about half of the vinaigrette. Taste and adjust the seasoning with salt and pepper or more vinaigrette. Transfer to a large platter.
5. In another bowl, combine the roasted squash, Brussels sprouts, cranberries, persimmon, arugula, and parsley. Add about 1/4 cup of the remaining vinaigrette and mix gently to combine. Taste and adjust the seasoning with salt and pepper or more vinaigrette. Scatter this mixture on top of the bean-rice mixture.
6. Sprinkle the pomegranates and walnuts over the top of the salad and drizzle with the remaining vinaigrette



Eye of the TIGER Slow Bean CHILI

INGREDIENTS

- 1 $\frac{2}{3}$ cups TIGER EYE BEANS
- 1 large white onion
- 1 lb. ground chuck
- 2 (14.5 oz) cans stewed tomatoes
- 1 tsp. salt
- $\frac{1}{8}$ tsp. paprika
- $\frac{1}{8}$ tsp. cayenne pepper
- 3 whole cloves
- 1 bay leaf
- 1-2 Tbs. chile powder

INSTRUCTIONS

- 1. Place beans in a large pot covered by two inches of water and bring to a boil for two minutes. Remove from the heat, cover, and let stand for one hour. Drain and rinse.
- 2. Brown ground chuck and onion. Drain excess grease. Add remaining ingredients except beans. Simmer about 1 $\frac{1}{2}$ hours.
- 3. Add beans and heat completely. Add water if necessary to maintain desired consistency. Add additional salt and chile powder until the flavor is correct.



Eye of the Tiger Slow Bean & Winter Squash Gratin

4 servings

INGREDIENTS

- 1 cup dried tiger's eye bean
- Fine sea salt
- 1 bay leaf
- 5 tablespoons extra-virgin olive oil
- Water (optional)
- 3 ounces country-style white or whole-wheat bread (crusts removed)
- Flesh from 1 pound winter squash, such as kabocha squash or Hubbard squash, cut into 1-inch pieces (see headnote)
- 1 medium yellow onion, cut into small dice
- 2 large carrots, scrubbed and cut into small dice
- 2 teaspoons dried thyme
- 1/2 teaspoon fennel seed
- 1 dried arbol chili pepper, seeded and crumbled (may substitute 1/2 teaspoon crushed red pepper flakes)
- 1/8 teaspoon freshly ground black pepper
- 1 clove garlic, cut in half (any green sprout removed)

DIRECTIONS

- Place the beans in a pot with water to cover by several inches; bring to a boil, and boil for 1 minute. Remove from the heat, cover the pot and let the beans soak for 1 hour. Alternatively, they can be left to soak in tepid water to cover by several inches for 8 to 12 hours.
- Add to the beans and their soaking liquid a generous pinch of salt, the bay leaf and 1 tablespoon of the oil. Add water if necessary to keep the

beans submerged by 2 to 3 inches. Cook over medium-high heat; once the liquid starts to bubble, reduce the heat to medium-low, partially cover and cook, stirring occasionally, until the beans are just tender, 45 minutes to 1 hour. The beans may take longer than 1 hour to cook, depending on their freshness. Leave them in their soaking liquid while you finish preparing the rest of the gratin.

- Tear the bread into chunks and place them in a food processor; pulse into crumbs. Transfer to a bowl and drizzle with 2 teaspoons of the oil, tossing to coat evenly.
- Preheat the oven to 400 degrees.
- Toss the squash pieces with 1 tablespoon of the oil and 1/4 teaspoon of fine sea salt. Roast for 20 to 30 minutes, turning them once with a spatula after about 15 minutes, until lightly golden and tender.
- Heat 1 tablespoon plus 1 teaspoon of the oil in a large, heavy saute pan over medium heat. Add the onion and carrots, stirring to coat; cook until tender and just beginning to turn golden, about 7 minutes. Stir in the thyme, fennel seed and dried arbol chili pepper; cook for 2 minutes, then gently fold in the squash just until incorporated.
- Discard the bay leaf in the beans; drain the beans, reserving 1 cup of the cooking liquid, and gently stir them into the squash mixture. Season with 1/4 teaspoon salt and the black pepper.
- Rub the bottom and sides of a shallow 2-quart baking dish with the cut halves of garlic; discard the garlic or reserve for another use.
- Transfer the bean-squash mixture to the baking dish. Pour 3/4 to 1 cup of the reserved bean-cooking liquid evenly over the top of the dish (see headnote), and drizzle with the remaining tablespoon of oil. Sprinkle with the bread crumbs.
- Bake for 25 to 30 minutes, until the mixture is bubbling and the crumbs are golden. Wait for at least 15 minutes before serving.



Eye of the Tiger Slow Bean Soup with Ham

Ingredients

1. 1 ham bone with some meat left on, or two-three ham hocks
2. 1 tbsp vinegar
3. 2 cups eye of tiger beans
4. 8 cups water
5. 2 cloves garlic whole or minced
6. 2 bay leaves
7. small handful of parsley
8. 1 large onion, chopped
9. Salt and pepper, to taste
10. 2-3 carrots, sliced
11. 2-3 medium potatoes, cubed

Instructions

1. Soak beans overnight in warm water or water and vinegar. Put bones and other ingredients except carrots in pot and simmer on low for at least four hours. I prefer all day (my goal here is to get as much calcium, gelatin and other nutrients out of the bones as possible). Add additional water as needed.
2. About an hour before serving, remove bones and pick off meat, return meat to pot. Remove parsley stems. If you want a meatier soup, you can add a little extra ham at this point. Add carrots and potatoes and cook soup until tender. Remove bay leaf before serving.



Rattlesnake Slow Beans with Olive Tapenade

Ingredients

- 2 quarts water
- 2 1/2 teaspoons salt, divided
- 1 1/2 pounds rattlesnake beans, trimmed and cut into 1-inch pieces
- 1/4 cup kalamata olives, pitted
- 1 teaspoon chopped fresh rosemary
- 1 1/2 teaspoons grated lemon rind
- 1 1/2 teaspoons fresh lemon juice
- 1 1/2 teaspoons extra virgin olive oil
- 1 garlic clove, chopped
- 1 medium shallot, peeled and quartered

Preparation

Bring 2 quarts water and 2 teaspoons salt to a boil in a large saucepan. Add beans; cook 25 minutes or until beans are tender. Drain.

Place olives and remaining ingredients in a food processor; add remaining 1/2 teaspoon salt. Process until finely chopped, scraping sides of bowl occasionally. Combine beans and olive mixture in a large bowl; toss well.

Preacher Beans

Ingredients

1 sm pot of Rattlesnake Pole Beans

Choice of meat (Sausage, Ham). Can be eliminated.

1 md Onion, chopped

1/8 ts Garlic salt

Red pepper, ground, to taste

Salt to taste

Preparation

Shell beans from pods. Soak beans overnight. The next day, bring soaked beans to a boil and drain. Cook for 45 minutes. Saute meat, add meat, onion, and seasonings to beans. Continue to cook until beans are tender.



Southwestern Style Rattlesnake Beans

Ingredients

- 2 Cups dried rattlesnake beans
- 2 carrots
- ½ yellow onion
- 2 whole garlic cloves
- 1 tsp salt
- 1 tsp cumin
- 1 tsp coriander seeds
- ¼ cup tomato paste

Instructions

One southwestern recipe for cooking Rattlesnake beans:

Soak 2 cups dried rattlesnake beans. Add 2 carrots, 1/2 yellow onion, 2 whole cloves garlic, 1 teaspoon salt, 1 teaspoon cumin seeds, 1 teaspoon coriander seeds, and 1/4 cup tomato paste. Put ingredients in pot and cover with 2 inches of water. Simmer for 1 hour. Delicious.

Rattlesnake Slow Beans & Applewood Smoked Bacon

Ingredients

8 oz rattlesnake beans
6 Applewood smoked bacon Strips chopped
1 cup chopped onion
2 gloves garlic
2 cups house made chicken stock
1 tbsp fresh basil, sage or oregano
½ tsp Salt
¼ tsp pepper

Instructions

In a saucepan cover beans with water; bring to a boil.

Boil 2 minutes; remove from heat.

Cover and let stand 1 hour.

Drain; set aside.

In a 3-quart saucepan or deep skillet cook bacon with onion and garlic until bacon is crisp; drain off fat.

Add water or broth, drained beans and desired chopped herb; bring to a boil.

Reduce heat; simmer, covered, for 30-45 minutes, or until beans are tender.

Drain off any excess liquid; stir in salt and pepper.

Rattlesnake Slow Beans in Heirloom Tomato Vinaigrette

Ingredients

2 small to medium size ripe heirloom tomatoes

8 to 10 large fresh basil leaves

1/4 cup slivered sweet onion

1 Tablespoon olive oil

Salt to taste

Freshly ground black pepper to taste

1 lb. fresh rattlesnake

Crumbled feta cheese, if desired

Instructions

Cut tomatoes in half, remove seeds, and chop into small pieces.

Stack basil leaves and roll lengthwise into a tight cylinder. Slice across the cylinder to make thin strips.

Combine tomatoes, basil, sweet onion slivers, olive oil, salt and pepper in a small bowl and set aside.

Prepare beans by washing and removing strings as necessary.

Steam the beans in one inch of boiling salted water for 8 to 10 minutes, or to desired tenderness. Immediately rinse in cold water.

Drain and arrange beans in a serving dish. Top with the heirloom tomato mixture and crumbled feta cheese if desired.



Rattlesnake Slow Bean Salad

Ingredients

18 oz. fresh Rattlesnake beans
3 tablespoons sliced almonds
fine sea salt, to taste
1 teaspoon Dijon mustard
nasturtium-infused vinegar (or another kind of vinegar, like sherry), to taste
olive oil of good quality, to taste

Instructions

Wash beans and trim tops. Trim tails. steam beans to desired tenderness. plunge in ice-cold water, drain and set aside to cool in a serving bowl. Close to serving time, toast sliced almonds in a skillet on medium-low heat.

Prepare the vinaigrette with Dijon mustard, salt, (nasturtium-infused) vinegar, and olive oil, adjusting quantities according to your taste. Shortly before serving the beans, dress them with most of the vinaigrette and toss. Distribute sliced almonds on the surface and toss right before serving the salad. Serve with the remaining vinaigrette on the side.



Snow Cap Slow Bean Chowder

Servings: 6-8

INGREDIENTS

- 10 oz. SNOWCAP BEANS
- 2 Tbs. butter
- 2 Tbs. onion, minced
- 3 Tbs. flour
- ½ tsp. paprika
- 2 cups low-fat milk
- 2 cups house made chicken or vegetable stock
- 3 medium potatoes, peeled and diced
- 2 carrots, sliced
- 1 medium onion, coarsely chopped
- ½ lb. mushrooms, sliced (optional)
- salt and pepper to taste

INSTRUCTIONS

- 1. Rinse and pick over beans. In a large pot, cover beans with 2 inches of water. Bring to a boil for 2 minutes; remove from heat, cover, and let sit for one hour. Drain and rinse. Beans should be tender, not mushy.
- 2. Cook potatoes, carrots and onions until just tender and drain. Set aside. In a large pot sauté onions in butter until soft and blend in flour and paprika. Stir in milk and broth and heat to just boiling. Reduce heat and add drained vegetables, beans and mushrooms (if using). Salt and pepper to taste.



Snow Slow Cap Bean Stew

About 20 cups

Ingredients

1 cup dry snow cap beans + soaking water

1/2 cup dry quinoa

4 cups house made vegetable stock

1-3 cups water

2 15oz. cans fire-roasted & diced tomatoes

4 cloves garlic, chopped

1 small white onion, diced

1 medium russett potato, peeled/diced

2-3 cups chard, chopped (or add right before serving to wilt)

3 stalks celery, chopped

3 Tbsp apple cider vinegar

1 bay leaf

nutritional yeast to taste (optional - I add in about 1/2 cup to simmer, then more sprinkled over top stew when serving)

1/2 cup flat leaf parsley, chopped

1 tsp fresh thyme leaves

1 cup mushrooms, sliced (any variety)

4-6+ dashes cayenne

olive oil to taste

1/4 tsp pepper + salt to taste

Snow Slow Cap Bean Stew (continued)

Directions

1. The day before you want to make your stew, you will need to start soaking those beans. Or use quick version with canned beans. To soak the beans, place them in a large bowl and fill with enough water to cover by a few inches. Soak overnight.

2. Drain and rinse your soaked beans.

3. Add the beans, vegetable broth and about one cup of water to your large soup pot. Bring to a boil and simmer for about 40 minutes. It is very important to cook your beans through so that they are tender and not dry or hard! This will vary in time. Keep tasting the beans until they are ready. Add more liquid if needed.

4. Prep all your veggies while your beans are simmering.

5. Add all the remaining ingredients to your pot: tomatoes, quinoa, garlic, onion, celery, vinegar, bay leaf, parsley, nutritional yeast, mushrooms, thyme, spices and optional olive oil. Bring to a boil. Cover and simmer for about 30-60 minutes.



Spicy Italian Snow Cap Slow Bean Salad

8 servings

Ingredients

- 1 Cup Snow Cap Beans, picked over and rinsed
- 3 Cloves Garlic, crushed
- 1/4 Cup Extra Virgin Olive Oil
- 1/2 Lemon, juiced and zested
- 1 Tablespoon Parsely, torn
- 1/2 Teaspoon Crushed Calabrian Chiles
- Black Peppercorns, freshly ground
- 1 Crusty Italian Bread Loaf, for serving

Directions

1. Place beans in large bowl, cover with water and soak overnight.
2. Drain beans, place in large stock pot, and add fresh water to cover beans by 2 inches. Bring to a boil over high heat, reduce heat to medium, and simmer for 1 to 1-1/2 hours, or until beans are tender.
3. Transfer beans to large bowl, leaving behind cooking liquid. Add garlic, olive oil, lemon zest, lemon juice, parsley, Crushed Calabrian Chiles and pinch of black pepper, and stir until combined.
4. Serve beans with crusty Italian bread.



HEIRLOOM Slow BEAN AND SPINACH SOUP

Serves: 6 servings

INGREDIENTS

- ⅓ cup chopped yellow onion
- 3 fresh garlic cloves, chopped
- 4 cups house made vegetable stock
- 1 cup Heirloom bean blend (soaked overnight)
- 1 teaspoon red pepper flakes
- ½ teaspoon dried sweet basil
- 2 tablespoons balsamic vinegar
- 4 oz fresh spinach leaves
- ¼ teaspoon sea salt

INSTRUCTIONS

1. Turn stovetop to medium heat and place a large pot on top!
2. In the pot, place the yellow onion and fresh garlic. Add ¼ cup of the cooking stock and cook until onions are translucent.
3. Once cooked, add the remaining portion of the cooking stock and the cup of dried, soaked beans, as well as the spices and vinegar. Place the top on the pot.
4. Simmer spices and beans together over low-medium heat for 1 hour.
5. Remove top and add in the fresh spinach, turning to low heat. Place the top back on to finish cooking for roughly 30 minutes.
6. Serve up with an onion beer biscuit ([link in recipes](#)) or keep it gluten free and vegan by pairing it with some fresh fruit!



4 Heirloom Baked Slow Beans

Ingredients

1 pound dried Heirloom Mix Beans, cooked, cooking liquid reserved
½ pound smoked Applewood bacon, chopped
1 cup finely diced onion
¼ cup molasses
2 tablespoons dry mustard
1 tablespoon spicy mustard
1 teaspoon dried ginger
Sea salt, to taste

Method

Preheat oven to 300°F.

Combine all ingredients in a large oven-safe stockpot or casserole dish. Add about 4 cups of reserved bean cooking liquid; it should be enough to cover all ingredients completely. Cover and place in oven. Cook 3 hours, stirring every hour and adding a bit of extra reserved bean cooking liquid as needed to prevent drying out. Serve warm.

Baked Piquito Slow Beans

These heirloom beans were a staple of early American cuisine on the West Coast. It's said that they were the premier bean used in California community dinners and baked bean recipes. They're plump, firm and are very versatile, especially in Mexican-inspired dishes.

Ingredients

1 pound dried Santa Maria Piquito beans, cooked, half of cooking liquid reserved
½ pound thick-cut applewood smoked bacon, cubed
2 cups diced tomatoes or fresh salsa
1 red bell pepper, seeded, diced
1 red onion, diced
1 jalapeno, seeded, minced
4 cloves garlic, minced
1 teaspoon ground cumin
½ cup chopped fresh cilantro, for serving

Method

Combine all ingredients except cilantro in a large oven-safe stockpot or casserole dish. Cover and place in oven. Cook 3 hours, stirring every hour and adding a bit of extra bean cooking liquid as needed to prevent drying out. Serve warm with fresh cilantro.

Baked Great Northern White Slow Beans

Great Northern White beans are delicate, white beans often used in Italian and French recipes, or anything featuring fresh herbs and light flavors from the garden. Here's a baked bean recipe that really heralds this spring-fresh bean.

Ingredients

- 1 pound Great Northern White beans, cooked, cooking liquid reserved
- 1 yellow onion, diced
- 3 cloves garlic, minced
- ¼ cup tomato paste
- 2 tablespoons Dijon mustard
- 1 teaspoon fresh thyme leaves
- 1 teaspoon fresh rosemary leaves
- 1 teaspoon sea salt
- Black pepper, to taste
- Chopped fresh parsley, for serving

Method

Combine all ingredients except parsley in a large oven-safe stockpot or casserole dish. Add about 4 cups of reserved bean cooking liquid; it should be enough to cover all ingredients completely. Cover and place in oven. Cook 3 hours, stirring every hour and adding a bit of extra reserved bean cooking liquid as needed to prevent drying out. Serve warm.



Slow-Cooked Heirloom Slow Beans

Ingredients

- 1 lb assorted heirloom dry beans (soaked in water for 6 hours)
- 1 carrot, chopped
- 2-3 ribs celery, chopped
- 1 onion, chopped
- 2 tomatoes, diced
- 2 heaping tablespoons tomato paste
- Salt
- No-salt seasoning (to taste but I used at least 1 – 1/2 tbsp)
- Chopped thyme (a few dashes dried–I will use fresh next time)
- 1 bay leaf
- Fish Sauce, 1-2 tablespoons
- 2 cups stock (your choice) and water (mostly water)
- Olive oil

Instructions

1. Sauté onions, carrots, celery in olive oil over med-high heat
2. Add tomatoes and fish sauce and cook for a few minutes
3. Add beans, 2 cups chicken stock and enough water cover up to 1-2 inches above bean line (originally intended as soup). Also add thyme and seasonings at this time.
4. Simmer for 45 min – 1 hour, allowing water to cook down but not to let it dry up completely.
5. Add bay leaf and tomato paste and a bit more water to loosen beans slightly.
6. Add salt to taste
7. Simmer for another 45 – 1 hour.



Heirloom Slow Bean Stew w/Dill & Coconut Cream

Serves: 6

INGREDIENTS

- 1 c. dried heirloom beans*

Soup

- 1½ tbsp. olive oil
- 1 onion, diced
- 2 carrots, chopped
- 1 fennel bulb, chopped
- 1 garlic clove, sliced
- ½ can tomato paste
- 1 small butternut squash, neck part only (peeled)
- small handful of Jasmine rice
- 3 c. water
- 1 can coconut cream
- salt + pepper

Garnish

- coconut cream
- fresh dill

* If you can't find heirloom beans, use an unseasoned soup bean mix. They usually contain about 12-15 varieties of beans.

Heirloom Slow Bean Stew w/Dill & Coconut Cream

(continued)

INSTRUCTIONS

1. Soak the beans overnight in filtered water. Drain, rinse and set aside until ready to use.
2. In a large pot, warm the olive oil over moderate heat. Add the onions, carrots, fennel and garlic. Sauté until golden, about 15-20 minutes.
3. Stir in the tomato paste and mix well to dissolve.
4. Add the butternut squash, rice, beans and cover with water.
5. Open the coconut cream. Reserve about $\frac{1}{3}$ c. for garnish. If the can is cold, the cream will be solid; this is fine. Add the rest to the pot.
6. Bring the stew to a gentle boil. Reduce the heat and simmer for about 45 minutes or until the beans are tender. Cooking time will vary based of the type of beans you are using. If it gets too thick, add more water.
7. Using a hand held blender, puree part of the stew. You're looking for a chunky and smooth texture.
8. Season with salt and pepper to taste.
9. To serve, portion the stew into bowls. Top with a dollop of the reserved coconut cream. Sprinkle with dill.



Heirloom Slow Bean and Kale Salad

Serves 4

The lemon scallion vinaigrette

7 tablespoons pure olive oil (85 grams)
7 tablespoons sesame oil (85 grams)
1 bunch scallions, sliced, green only (reserve whites for dish)
2 garlic cloves, minced
2 tablespoons lemon juice
2 tablespoons coconut vinegar
¼ cup plus 1 tablespoon tamari
Zest of 1 lemon

The salad

1 small bunch Tuscan kale, thick ribs removed and cut into ½-inch strips
4 to 5 cups cooked beans (see note)
3 small red Fresno chiles, diced small
¼ cup reserved sliced scallion whites
Kosher salt, to taste

For the vinaigrette: Pour the olive and sesame oils into a small pot on the stove over high heat. Warm until wisps of smoke appear. Meanwhile, place the scallion tops and garlic into a metal container large enough to hold the ingredients plus the hot oil.

To assemble the salad: Add the kale to a large mixing bowl and pour a tablespoon of the dressing over. Using your hands, aggressively squeeze the kale while mixing it to break down the greens. Add the beans to the bowl, another 5 tablespoons of the dressing, half the chiles and half the scallion whites, and mix well. Taste for seasoning and adjust as necessary with salt or additional dressing.



Vegan Fudgy Slow Black Bean Brownies

1 can black beans (not drained)

1 cup sugar

1/2 cup unsweetened cocoa powder

1/2 cup flour

1/4 tsp salt

1 tsp vanilla

1/2 cup chocolate chips (optional)

Directions

1. Preheat oven to 350 degrees F.
2. Grease and flour an 8-inch square pan.
3. In food processor, blend the beans very very well. Add the rest of the ingredients (except the chocolate chips), blend well. Then fold in the chips.
4. Spread batter into prepared pan.
5. Bake in preheated oven for 25 to 30 minutes. Do not overcook.

NOTES:

The black beans take the place of the egg and fat.

Can use a white cake mix with a can of white beans, to make a vegan blonde bar. Great Northern Beans blend the best as their skins are thinner, thus less grainy.

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Article:

<https://slowfoodriovista.org/2014/05/26/elegant-beans-and-beyond-at-slow-food-festival/>

Elegant Beans and Beyond at Slow Food Festival

Posted on [May 26, 2014](#) by [Slow Food Rio Vista](#)

Posted 5/14/14 to the River News Herald

By Susan Whitesell

Elegant Beans and Beyond of Mohr-Fry Ranches was recently awarded a Producer “Snail of Approval” by Slow Food Sacramento, recognizing businesses producing locally unique and sustainable foods. Elegant Beans and Beyond has also been recognized by Slow Food USA for growing several dry bean varieties identified in the Ark of Taste catalog of delicious and distinctive foods facing extinction. You can see and taste the unique, subtle flavor of Elegant Beans and Beyond heirloom and exotic dry beans at the Slow Food Festival on June 21st.



Left, Jerry Fry and right, Chip Morris in front of their state-of-the-art Visys Python optical sorter that can polish and sort 4,500 lbs. of beans per hour.

Jerry Fry of Mohr-Fry Ranches has a long history of farming that extends back to the 1850s. Today, Mohr-Fry Ranches grows 12 different wine grape varieties, Lupin, and the Heirloom Beans. Mohr-Fry Ranches has grown Bing Cherries, Rainier Cherries, and Stevia. With Jerry, first cousin Chip Morris, farms several hundred acres and produces over 28 heirloom dry bean varieties on the sixth-generation family-owned and operated ranch.

That's a lot of beans...

"95% of our [bean] business is wholesale," says Jerry Fry. According to Chip, large food service companies, such as BiRite Foodservice Distributors and LA & SF Specialty, buy 2,000 pound totes that are repackaged in smaller amounts and resold to thousands of restaurants serviced by the distributor. Elegant Beans and Beyond heirloom and exotic dry beans are also available from Williams Sonoma, Whole Foods, their web site at www.elegantbeans.com, and soon at stores such as Raley's, Bel Air and Nob Hill.

"Beans are no longer something that you slap on a plate with a taco."

According to Jerry, "Beans are no longer something that you slap on a plate with a taco." There is a lot of interest in heirloom dry beans, which have emerged as an exciting and versatile gourmet food. "The timing couldn't be better. People are looking at healthy eating." Their high protein content makes beans an excellent low-fat alternative. Beans are high in soluble fiber and gluten-free, which is especially important to many health-conscious consumers today.



Packages of Elegant Beans and Beyond heirloom and exotic beans ready for shipping.

Jerry and Chip saw the opportunity for heirloom dry beans in the mid-90's but first had to work out the growing, cultivating and marketing kinks. Harvesting heirloom dry beans in 15 to 20 acre plots, each with different maturity cycles, required Mohr-Fry to buy their own harvester rather than harvesting commercially. The team also had to overcome obstacles to sorting and cleaning various size beans in smaller batches. According to Jerry, "Bean cooperatives run millions of pounds of beans through their processors." To switch off and run 15,000 pounds of a specialized variety was inefficient and costly to Mohr-Fry, forcing them instead to hand polish and sort their own beans. To solve this problem, Mohr-Fry recently purchased a specialized optical sorter that can polish and sort thousands of pounds of beans per hour. In addition to their other responsibilities, Jerry, Chip and Chip's wife Bobbie are also the Elegant Beans and Beyond marketing team responsible for promoting and educating buyers about the benefits of their unique heirloom and exotic bean varieties.

Elegant Beans and Beyond is one of several local producers featured at the June 21st Slow Food Festival. Chip Morris will also speak at the event. Tickets for the event are \$25.00 and are available from the Slow Food Rio Vista web site at <http://www.slowfoodriovista.org>, online at www.brownpapertickets.com/event/620291 or in town at Books Rio V, This N That, Pets 4 All, Galleria Bra Room and Brand You.

2016 – the “Year of the Pulses”

<http://www.slowfooddc.org/spotlight-pulses-superfood-time/>

Spotlight on Pulses: A Superfood Before its Time

This entry was posted in News, Recipes and tagged pulses sustainable food on March 13, 2016 by Valerie Bilgri. <http://www.slowfooddc.org/posts/>

Pulses, a source of nutritional meals throughout the world, are getting special recognition this year. The United Nations has designated 2016 as the “International Year of Pulses,” highlighting not only their nutritional benefits but also their role in sustainable food production, food security, nutrition, and reducing the environmental impact of food production.

Part of the legume family, pulses are grown and harvested solely for their dry edible seeds. Dried beans, peas, chickpeas, and lentils are the most commonly known pulses, all of which are high in protein, fiber, and vitamins and minerals such as zinc and iron. Legumes that are harvested green, such as green beans and green peas, are not considered pulses (though are equally tasty).

Pulses have been a part of traditional diets for centuries not only for their high nutritional value, but also for their low impact on the environment and long shelf life. Often grown by small farmers in regions such as Africa, Asia, and Latin America, pulses can be stored for months without losing their nutritional value, increasing food availability between harvests.



Additionally, pulses can contribute to sustainable agricultural production. The Food and Agriculture Organization’s fact sheet on pulses highlights that these crops are more water efficient compared to other protein sources. Just 13 gallons of water are needed to produce 2.2 pounds of split peas or lentils compared to 1,142 gallons for the same amount of chicken, and 3,434 gallons for the same amount of beef. Due to their unique nitrogen fixing properties, pulses can also improve soil fertility, reduce the need for fertilizer, and extend farmland productivity. Crop residues from grain legumes can also be used as animal fodder, further reducing waste.

In addition to being nutritious and good for the environment, pulses are also delicious! Baked beans, split pea soup, daal, falafel, and chili are just a few examples

of pulse-based meals you have undoubtedly eaten and enjoyed.

Pulses figure prominently in Slow Food's Ark of Taste, a [living catalog](#) of distinctive foods that are in danger of disappearing. Identifying and championing these foods keeps them in production and on our plates. In the mid-Atlantic region, pulses such as the [Cherokee Trail of Tears Bean](#), the [True Red Cranberry Bean](#), and the [Turkey Crow Bean](#) have been identified as having specific historic or cultural importance.

You can [search](#) Local Harvest's website to find local producers of these ingredients, and many more included in the Ark of Taste. More information about the UN's "International Year of Pulses" can be found on the Food and Agriculture Organization's [website](#).

Below are a few ideas to whet your appetite for incorporating more of this superfood into your diet. Already have some favorite recipes using pulses? Let us know!

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Article:

https://en.wikipedia.org/wiki/International_Year_of_Pulses

International Year of Pulses

From Wikipedia, the free encyclopedia



Logo of International Year of Pulses 2016

2016 was declared as the **International Year of Pulses** by the [sixty eighth session of the United Nations General Assembly](#) on December 20, 2013.^[1] The [Food and Agriculture Organization \(FAO\)](#) of the United Nations has been nominated to declare a year for [pulses](#).

An International Year designation provides an unprecedented opportunity to raise awareness and to celebrate the role of beans, chickpeas, lentils and other pulses in feeding the world. Even more importantly, it will be a galvanizing moment to draw together key actors to further the contributions pulses make to health, nutrition, and sustainability.^{[2][3]}

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Purpose[\[edit\]](#)

The FAO intends to make people more aware of the [nutritional value of pulses](#), of their contribution to [sustainability](#), and more reliable food. The year should facilitate cooperation within food production systems to use [protein](#) in pulses better. Also the year should promote production of pulses worldwide, improve crop rotation and improve trade in pulses.^[4]

The IYP 2016 aims to heighten public awareness of the nutritional benefits of pulses as part of sustainable food production aimed towards food security and nutrition. The Year will create a unique opportunity to encourage connections throughout the food chain that would better utilize pulse-based proteins, further global production of pulses, better utilize crop rotations and address the challenges in the trade of pulses.^{[5][6]} Diet is an important contributor to health, and to disease. Most countries face nutritional problems, from undernutrition and micronutrient deficiencies to obesity and diet-related diseases (such as type II diabetes and certain types of cancer), or a mix of these. Pulses are a nutrient-rich food that as part of a healthy diet can help fight malnutrition in both developed and developing countries.

The United Nations Food and Agriculture Organization (FAO) has stated that the International Pulses Year has helped raise awareness globally of the many benefits of pulses, such as beans, lentils and chickpeas, gains must be further strengthened to achieve the international community's new development goals.^[7]

Importance of Pulses[\[edit\]](#)

Pulses are beans and peas that are harvested dry. Examples are lentils, chickpeas, pinto beans, kidney beans, and more.

1. Pulses provide a vital source of plant-based proteins and amino acids for people around the globe, ensuring food security.
2. As part of a healthy diet high in fiber, pulses fight obesity.
3. Pulses also prevent and help manage chronic diseases such as diabetes, coronary conditions, and cancer.
4. Pulses are an important source of plant-based protein for livestock.
5. Pulses pull nitrogen from the air into the soil, increasing soil fertility.
6. Pulses use less water than most other protein crops, making them a sustainable agricultural choice.^[8]

<http://www.fao.org/pulses-2016/en/>

International Year of Pulses 2016

The 68th UN General Assembly declared 2016 the International Year of Pulses (IYP) [\(A/RES/68/231\)](#)

The Food and Agriculture Organization of the United Nations (FAO) has been nominated to facilitate the implementation of the Year in collaboration with Governments, relevant organizations, non-governmental organizations and all other relevant stakeholders.

The IYP 2016 aims to heighten public awareness of the nutritional benefits of pulses as part of sustainable food production aimed towards food security and nutrition. The Year will create a unique opportunity to encourage connections throughout the food chain that would better utilize pulse-based proteins, further global production of pulses, better utilize crop rotations and address the challenges in the trade of pulses.

PULSES AND CLIMATE CHANGE



Climate change: a threat to food security

Whether in the form of droughts, floods or hurricanes climate change impacts every level of food production.



Climate change puts global food security at risk and heightens the dangers of undernutrition in poor regions.



FOOD PRODUCTION AND CLIMATE CHANGE

Food production, food security and climate change are intrinsically linked.



The changing climate will continue to put pressure on agricultural ecosystems, particularly in regions and for populations that are particularly vulnerable.



Introducing pulses into crop production can be key to increasing resilience to climate change.

WHY PULSES?

Pulses are climate smart as they simultaneously adapt to climate change and contribute towards mitigating its effects.



Pulses can fix atmospheric nitrogen and provide it to the soil. This **reduces the need for synthetic nitrogen fertilizers** and contributes in reducing greenhouse gas emissions.



85 million ha of pulses have contributed globally to fixating **3 - 6 million tonnes** of nitrogen in soils.*



Better varieties
Pulses have a **broad genetic diversity**.



This diversity is a particularly important attribute because **more climate-resilient pulse varieties can be developed**.

INCREASING RESILIENCE



Pulse-based cropping systems
Including pulses in crop rotations **exploits symbiotic microbes to fix nitrogen**, partly transferring it to subsequent crops, increasing their yields.



Intercropping has a **higher soil carbon sequestration** potential than monocrop systems.



Pulses and agroforestry systems
Growing pulses such as pigeon peas simultaneously with other crops, **improve farmers' food security**, by helping them to diversify their nutrition and sources of income.



Pulses in animal nutrition
When included in livestock feed, pulse by-products **contribute to improve feed conversion ratio** while, reducing greenhouse gas emissions at the same time.

Decreased methane emissions from ruminants.



*FAO/STAT, 2014

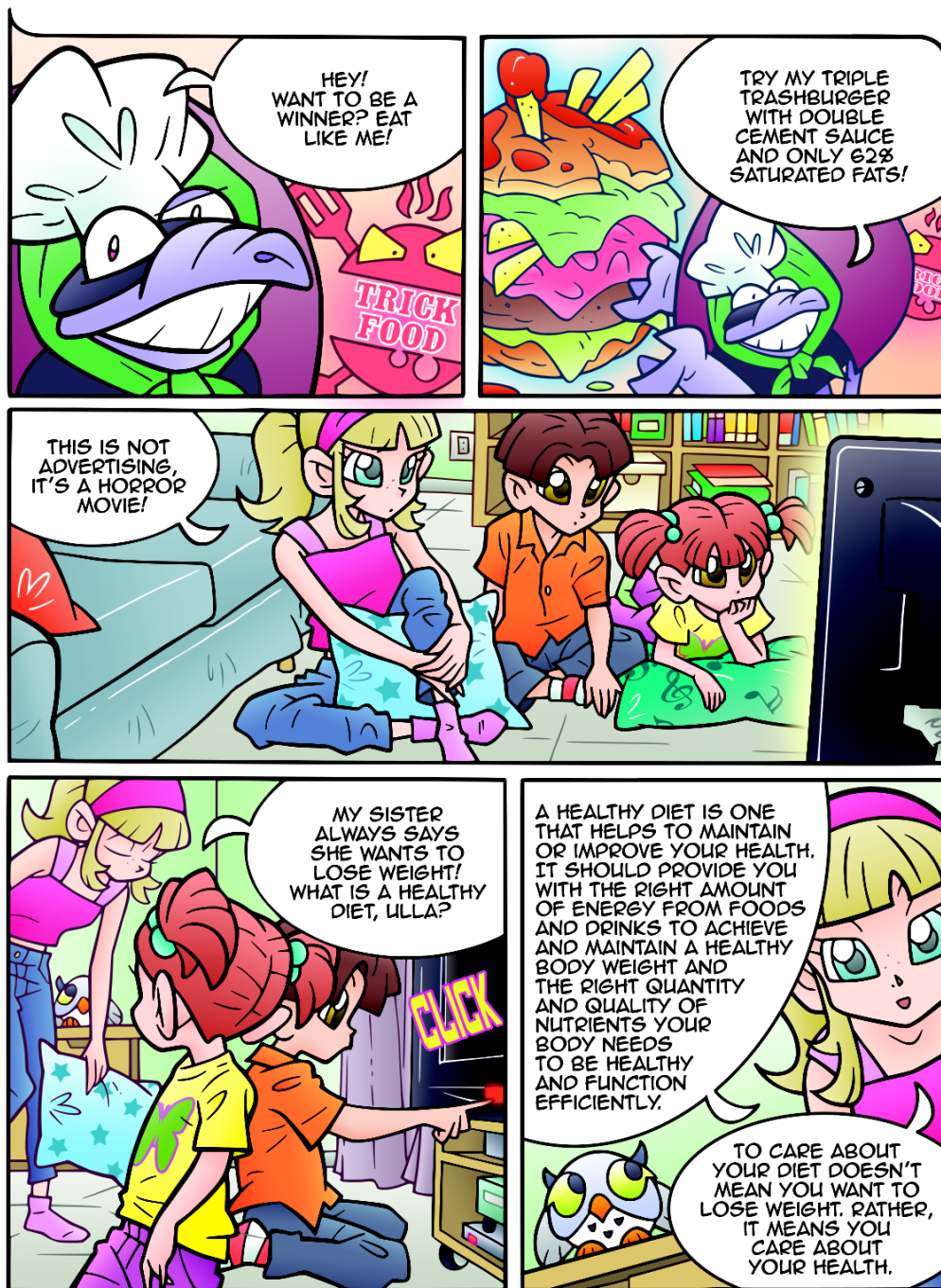


Food and Agriculture Organization of the United Nations

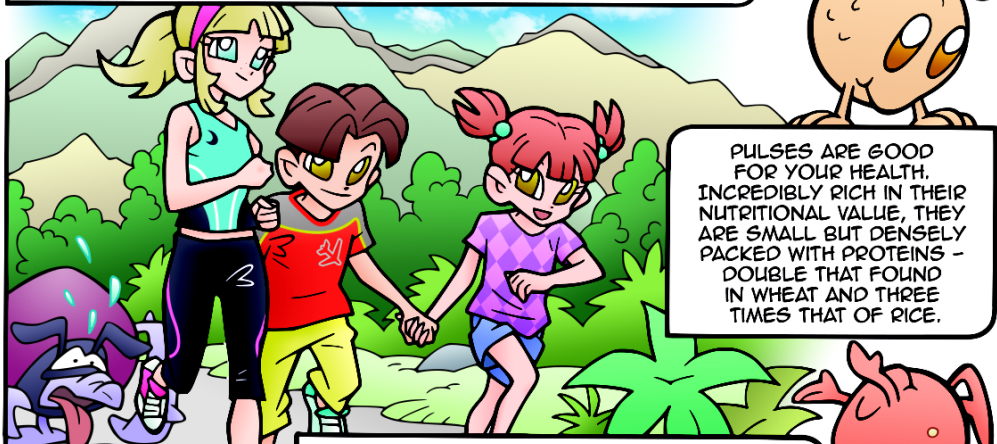


#IYP2016
fao.org/pulses-2016





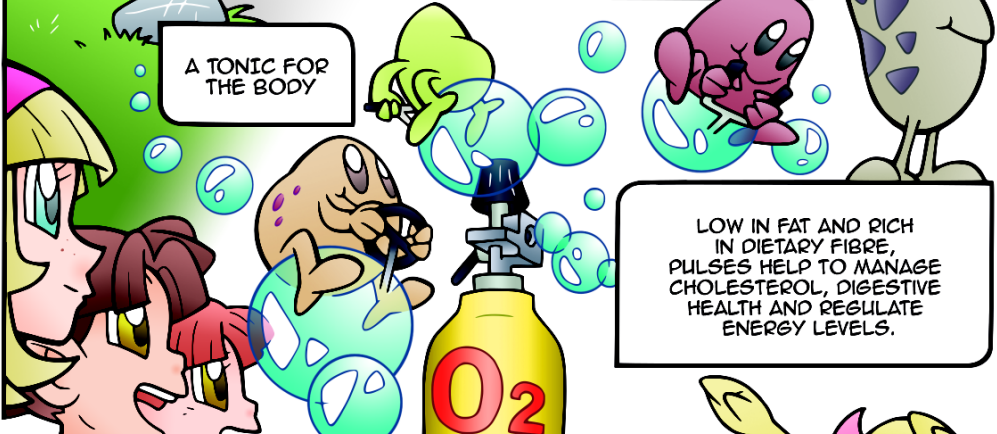
SEVERAL DISEASES CAN BE PREVENTED THROUGH GOOD NUTRITION, SUCH AS TYPE II DIABETES AND SOME FORMS OF CANCER.



PULSES ARE GOOD FOR YOUR HEALTH. INCREDIBLY RICH IN THEIR NUTRITIONAL VALUE, THEY ARE SMALL BUT DENSELY PACKED WITH PROTEINS - DOUBLE THAT FOUND IN WHEAT AND THREE TIMES THAT OF RICE.

PULSES ARE AN IMPORTANT PART OF A HEALTHY DIET; THEY ARE RICH IN PROTEIN, DIETARY FIBRE, VITAMINS AND MINERALS.

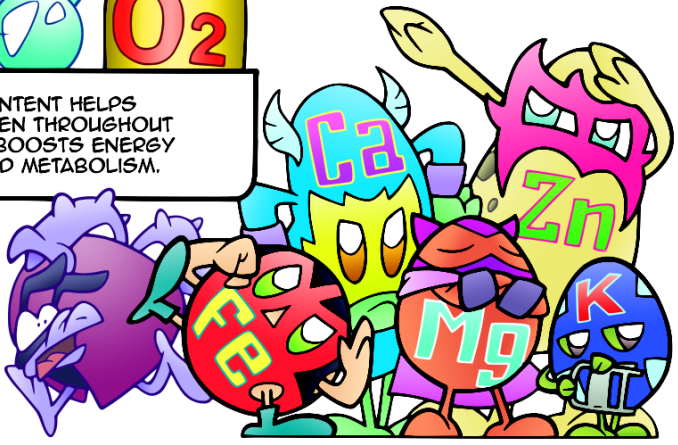
A TONIC FOR THE BODY



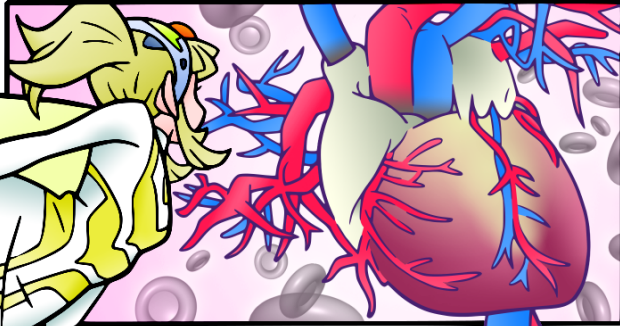
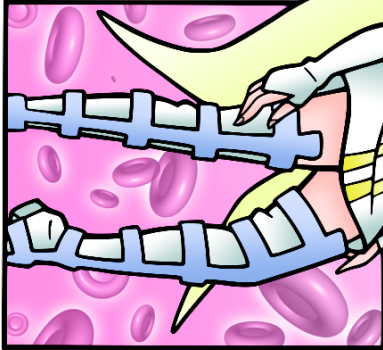
LOW IN FAT AND RICH IN DIETARY FIBRE, PULSES HELP TO MANAGE CHOLESTEROL, DIGESTIVE HEALTH AND REGULATE ENERGY LEVELS.

THEIR IRON CONTENT HELPS TRANSPORT OXYGEN THROUGHOUT THE BODY, WHICH BOOSTS ENERGY PRODUCTION AND METABOLISM.

PULSES ARE ALSO A GOOD SOURCE OF MINERALS THAT HAVE KEY FUNCTIONS FOR THE HUMAN BODY, PARTICULARLY IRON, CALCIUM, MAGNESIUM, ZINC AND POTASSIUM.



PULSES ARE RICH IN BIOACTIVE COMPOUNDS SUCH AS ANTIOXIDANTS AND PHYTOCHEMICALS.



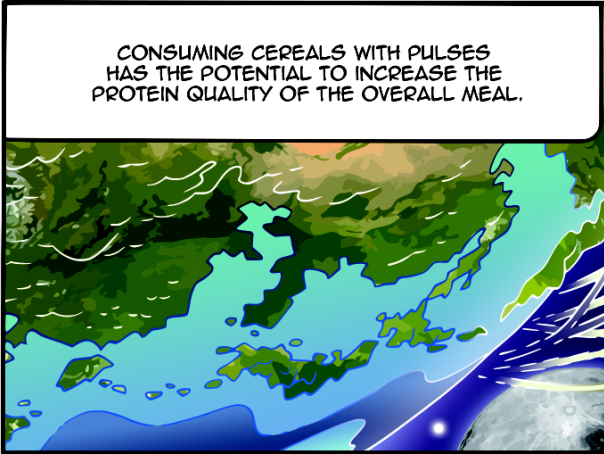
THE DIETARY FIBRE ALSO SERVES TO BIND TOXINS AND CHOLESTEROL IN THE GUT SO THESE SUBSTANCES CAN BE REMOVED FROM THE BODY. THIS IMPROVES HEART HEALTH AND LOWERS BLOOD CHOLESTEROL.



PULSES SUCH AS LENTILS, DRIED BEANS, PEAS AND CHICKPEAS HAVE BEEN STAPLE FOODS FOR MANY CIVILIZATIONS. YET TODAY, THEIR NUTRITIONAL BENEFITS ARE OFTEN UNDERESTIMATED.



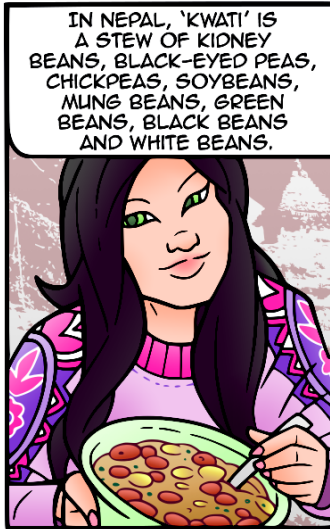
CONSUMING CEREALS WITH PULSES HAS THE POTENTIAL TO INCREASE THE PROTEIN QUALITY OF THE OVERALL MEAL.



THIS DIET IS TRADITIONALLY FOLLOWED IN MANY PARTS OF THE WORLD.



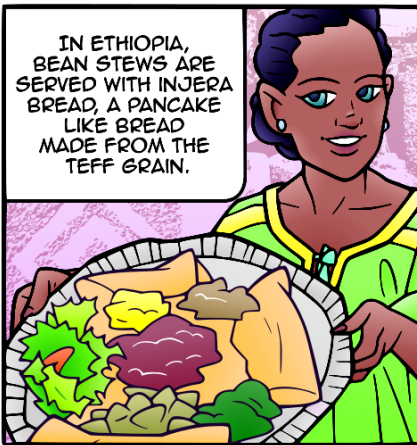
IN ITALY, 'PASTA E FAGIOLI' IS A SOUP MADE OF PASTA, BEANS AND VEGETABLES.



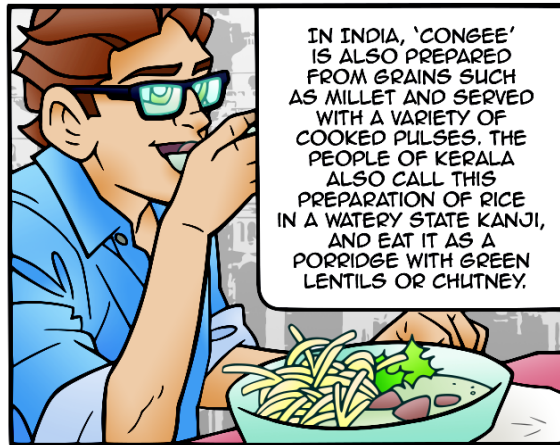
IN NEPAL, 'KWATI' IS A STEW OF KIDNEY BEANS, BLACK-EYED PEAS, CHICKPEAS, SOYBEANS, MUNG BEANS, GREEN BEANS, BLACK BEANS AND WHITE BEANS.



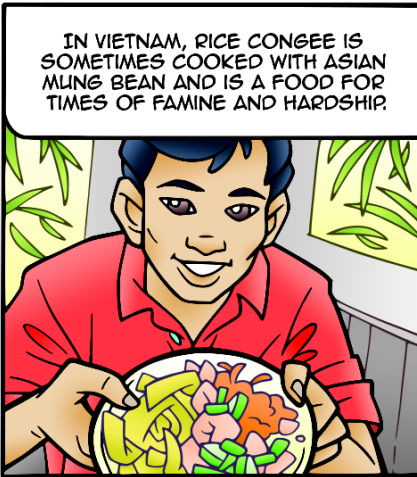
IN BRAZIL, 'FEIJOADA' IS A BLACK BEAN STEW SERVED WITH RICE.



IN ETHIOPIA, BEAN STEWS ARE SERVED WITH INJERA BREAD, A PANCAKE LIKE BREAD MADE FROM THE TEFF GRAIN.



IN INDIA, 'CONGEE' IS ALSO PREPARED FROM GRAINS SUCH AS MILLET AND SERVED WITH A VARIETY OF COOKED PULSES. THE PEOPLE OF KERALA ALSO CALL THIS PREPARATION OF RICE IN A WATERY STATE KANJI, AND EAT IT AS A PORRIDGE WITH GREEN LENTILS OR CHUTNEY.



IN VIETNAM, RICE CONGEE IS SOMETIMES COOKED WITH ASIAN MUNG BEAN AND IS A FOOD FOR TIMES OF FAMINE AND HARDSHIP.



HEY! WON'T YOU EAT MY TRASHBURGER?

NO!!!