



# **Bean Zine #1**

recipes and postcards



## **Bean Dream #1**

### **Recipes**

Smoky Maple Beans

Coconut Beans

Falafel and Hummus

## **Bean Dream #2**

### **Portrait Postcards**

November: Garbanzo valley

December: Black bean contact

Carefully cut open this pocket  
to release the postcards.

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# Bean Dream #1: Investigative Report

On September 11, 2014 the Los Angeles Times published a long and detailed report debunking the need to presoak dried beans before cooking them. The article is still online. It has citations and experimental data evaluating cooking time, deliciousness, and fart levels. It validates a lot of traditional cooking methods, and invalidates everything I learned from '90s vegetarians about how to cook beans. Turns out adding salt to the cooking water doesn't make the skins tougher, either! It only helps to season the centers of the beans.

For me this streamlined cooking method made it possible to cook with dried beans, like, all the time. Unless the beans are years and years old, you can cook them from scratch in one hour while you make a sauce, some rice, and maybe a side dish, with no particular pre-planning. Now instead of feeling like a chore, cooking dried beans feels like a wonder of nature. How can food so cheap, easy, delicious, and healthy be real? Beans want us to be happy.

# Smoky Maple Beans

*Saucy and just a little spicy. You can use all chipotle for spicier beans, or all paprika for a milder version. I like to pack these for lunch with a side of braised cabbage.*

2C dry pinto beans (navy beans, black beans, and black eyed peas are solid alternatives here)  
1t + 2t salt  
water or stock  
2T butter  
2T flour  
1 yellow onion, chopped  
1T oil  
2T crumbled dry sage  
1/2t powdered chipotle  
1/2t smoked paprika  
4C pureed tomatoes  
2T maple syrup

1. Check the beans for rocks, then put them in a large pot with 1t salt and water or stock to cover by 2 inches. Bring to a boil, reduce heat, and simmer until tender, about 1 hour. Drain.
2. In a small pot over medium-low heat, melt the butter. Mix in the flour to make a roux. Cook until toasted and brown, stirring often. Remove from heat and set aside.
3. In a large pot, heat the oil and saute the onion until translucent. Add the sage and chipotle and saute another 2 minutes. Stir in the tomatoes, toasted roux, and 2t salt, and then mix in the beans. Simmer 15 minutes to let the flavours combine, then add the maple syrup.

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## Bean Dream #2: Containers for Dreams

Every recipe in Bean Zine yields 6 lunch servings. This makes a little astronaut ration system possible, if you have enough containers.

1. Once a week, make one batch of a bean recipe.
2. Pack two or three lunches to eat during the week.
3. Pack two or three lunches for the freezer.
4. Maybe pack one or two lunches for a friend.
5. Take two or three different lunches out of the freezer to avoid lunch monotony this week.

Not all problems can be solved with containers (or at all), but 8 or 10 lunch containers and 90 minutes can handle lunch.

## Coconut Beans

*A friend's mom generously gave me a few Swahili cooking lessons one afternoon, and I still make these beans almost ten years later. This is one version of maharagwe wa nazi, beans with coconut. Mung beans are also delicious this way.*

2C dry kidney beans  
1t + 2t salt  
water or stock  
1T vegetable oil  
1 onion, chopped  
3 cloves garlic, minced  
1t each: cumin, turmeric, coriander  
1-2C diced tomatoes  
1 can coconut milk  
optional: 1/2C shredded coconut

1. Check the beans for rocks, then put them in a large pot with 1t salt and water or stock to cover by 2 inches. Bring to a boil, reduce heat, and simmer until tender, about 1 hour. Drain.
2. In a large pot, heat oil and saute onions until transparent. Add garlic and spices and saute another 5 minutes.
3. Mix in tomatoes, coconut milk, drained beans, and shredded coconut, if using. Add 2t salt.
4. Serve over rice with a side of braised greens.

# Falafel

*The queen of bean dumplings.*

1/4C fine bulghur wheat  
2C cooked chickpeas  
2 cloves garlic  
3T breadcrumbs  
1 egg, beaten  
1/2t salt  
1/2t ground cumin  
1/4t each: pepper, turmeric, coriander  
1T fresh parsley, minced  
1/8t cayenne

1. Cover bulghur in hot water and let stand 20 minutes. Drain.
2. Blend all ingredients together.
3. Roll into 12-18 balls.
4. Fry until golden.
5. Serve in pitas with hummus, veggies, and tahini. Or, serve on greens with diced tomatoes and cucumbers, drizzled with tahini and lemon.

# Hummus

*This one is for the few readers to whom life hasn't yet delivered a wonderful hummus recipe. You're safe now.*

2C cooked chickpeas  
1/2C tahini  
1/4C lemon juice  
2 cloves garlic  
1/2t salt  
1/4t black pepper  
1/8t cayenne  
optional: 1T olive oil

1. Blend everything together, adding water if necessary. Adjust salt to taste.