



Bean Zine #2

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Recipes

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Portrait Postcards

January: Kidney bean drone

February: Pinto approach

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to release the postcards.

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Bean Dream #3: A Compelling Hobby

Cooking beans and grains in stock instead of water makes them even tastier. One way to make vegetable stock plentiful in your life is to take up the super fun hobby of collecting vegetable scraps in a sealed bag in your freezer.

Officially I collect and freeze vegetable scraps for the stock, but it is also for the pleasure of never having to throw out a bunch of basil that I forgot about, for the hilarity of saving sticks and husks for a cooking project, and for the delight of eating pink rice because I made stock with beet peels. Since this is a garbage-based hobby, I never feel bad about quitting for awhile or for being too lazy to sort out carrot peels that got mixed into a stock-ruiner like turnip stems or jalapeno seeds. The compost is happy either way.

1. When you're ready to make stock, dump your frozen vegetable scraps into a pot. Choose a pot that will be about 2/3 to 3/4 full of scraps. If your scraps don't include many onion relatives, add a chopped onion. Add water to cover the vegetables, leaving about 3cm of space at the top of the pot.
2. Cover and bring to a boil, then reduce the heat and simmer for 30 minutes. Remove from heat, cool, strain into a bowl, and discard the vegetables. Store your veggie stock in sealed containers in the fridge (for about a week) or in the freezer (for months).

Red Beans and Rice

If you have several hours and a ham bone, you can make a traditional, long-simmered version of this Louisiana Creole classic. This is my shortcut method, with bacon and smoked paprika.

2C dry kidney beans
1t + 2t salt
water or stock
2T oil, or bacon grease
1 yellow onion, chopped
6 cloves garlic, minced
4 celery sticks, chopped
2 green peppers, seeded and chopped
3 bay leaves
2t dried thyme
2t smoked paprika
2t paprika
1/4t cayenne pepper, and more to taste
1/4t freshly ground black pepper
1C stock
4 bacon slices, cooked and chopped (optional)
3 sausages, cooked and sliced (andouille is traditional,
but I often make do with chorizo) (optional)
chopped green onions and fresh parsley, to garnish

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Bean Dream #4: Stock Talk

Do add to vegetable stock:

- peels, cores, husks, seeds, stems, and ends of most vegetables, culinary herbs, and edible mushrooms
- wilted, dried out, or yellowing vegetables, culinary herbs, and edible mushrooms, roughly chopped
- obvious examples: a leftover half an onion, dried out baby carrots, beet peels, wilted celery, parsley stems, sweet pepper cores, pea pods, corn cobs...
- less obvious examples: sprouts, wilted lettuce, corn husks, broken bay leaves, leek greens, any herb (dill, fennel, mint, rosemary...)

Don't add to vegetable stock:

- Brassicas. This is the cabbage and mustard family of vegetables, like kale, broccoli, cauliflower, turnips, radicchio, arugula, radishes, mizuna, brussels sprouts... (too stinky)
- spicy peppers
- slimy or moldy vegetable parts
- citrus peels, winter squash peels and seeds (bitter)
- tomato stems or leaves, carrot leaves (toxic)
- sweet fruits (too sweet)

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 the oil over medium heat. Add the onions, garlic, celery, green peppers, and bay leaves. Cook, stirring often, until the vegetables are softened.

3. Stir in the thyme, paprikas, cayenne, 1t salt, and black pepper, then add the drained beans and stock. Mash a few of the beans to thicken the sauce. Bring to a simmer, then reduce the heat to low and cook at least 20 minutes.

4. Add the bacon and sausage, if using. Add the remaining 1t salt if necessary, and add cayenne to taste (I usually add another 1/4t). Remove the bay leaves.

5. Serve with rice, topped with green onions and parsley.

Burrito Beans

This is the third time I've put a version of these beans in a recipe book. Now with dry beans!

2C dry pinto beans (or any mix of black, kidney, pinto)
water or stock
1t + 2t salt
1T vegetable oil
1 yellow onion, chopped
8 cloves garlic, sliced
2 bay leaves
2T ground cumin
1T ground coriander
1t ground chipotle
2C diced tomatoes
1/2 bunch cilantro, chopped

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 over medium heat, saute onion until translucent. Add garlic, then spices and 1t salt, and cook 2 minutes. Add tomatoes and cook until soft and saucy.
3. Mix in the beans, reduce the heat to low, and mash until most of the beans are broken up. Cook 15 minutes or more.
4. Remove bay leaves, stir in cilantro, and add remaining 1t salt (or to taste). Fill tortillas with, e.g., beans, roasted yams, cheese, and greens, or serve beans with rice and eggs, or as a chip dip.

White Bean Pasta

This calls for arugula, but you can use any greens: kale, spinach, nettles, escarole, chard, or whatever is in season.

2C dry cannellini beans (or other white beans)
water or stock
1t + 1t salt
2C dry orecchiette pasta (or other small pasta shape)
1T vegetable oil
1 yellow onion, diced
4 cloves garlic, sliced
1/4t freshly ground pink pepper (or black pepper)
1T fresh rosemary, minced
2C chicken or vegetable stock
4T (about 50g) soft unripened goat cheese (chevre)
zest of 1 lemon
4C baby arugula

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 the oil and saute the onions and garlic until translucent. Stir in the pepper and rosemary, cook 2 minutes. Add the stock and cheese, and stir until thoroughly blended. Mix in the beans and 1t salt. Mash some of the beans, and simmer until thickened.
3. Meanwhile, cook the pasta according to its instructions.
4. Stir in the pasta, lemon zest, and arugula. Cover and cook 2 minutes, or until arugula is wilted. Adjust salt to taste.