



Bean Zine #3

recipes and postcards

Bean Dream #5

Recipes

Root Roll-ups

Kale and Peanut Peas

Black Lentil Salad

Bean Dream #6

Portrait Postcards

March: Lentil fleet

April: Black eyed pea wreck

Carefully cut open this pocket
to release the postcards.

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Bean Dream #5: Micro language

Toot toot! Beans, being the musical fruit, invite discussion of fartful topics. Do you fart openly? Loudly? Do you keep it private and personal, or do you declare breezily, "Even ballerinas fart"? "Better out than in"? People have diverse and nuanced fart lives and I hope yours is bringing you joy.

I will only interject here to sing the praises of the beings who bring us our farts and so much more, our gut microbes. They remain quite mysterious but they seem to love dietary fiber, and so I consider bean dishes one of my gifts to their communities. How could I praise them properly without some special names for their world and our relationships? Here is some favourite vocabulary:

Microbe, a tiny, microscopic being, like a bacterium

Macrobe, a big being, like me

Microbiome, all of the microbes in an environment; the human microbiome (all the microbes living in and on a human) is sometimes considered an organ

Probiotic, a microbe that protects its host from disease; sometimes this also describes a non-living substance that promotes the growth of a helpful microbe

Holobiont, an organism and its microbiome considered together as one creature

Microbiopolitics, the politics of human behaviour in relation to microbes. Heather Paxton says, "dissent over how to live with microorganisms reflects disagreement about how humans ought to live with one other." To sterilize or to cultivate diversity?

Root Roll-ups

This is based on a dish from a posh vegan restaurant in San Francisco, where it has a fancier name. Use the smallest veggies you can find, or the dish will overflow your pot.

1C green lentils

1/2t + 2t salt

water

2 leeks, cut into 1cm dice

4 garlic cloves, minced

1/4C cooking sherry or stock

2 small parsnips, cut into 1cm dice

1 small turnip (not a rutabaga), cut into 1cm dice

1 small butternut squash, cut into 1cm dice

1 small celery root bulb, cut into 1cm dice

1t dried thyme

1/2t ground nutmeg

1t dried sage

1C vegetable stock

1C sunflower seeds

1 package filo dough, completely thawed

olive oil or melted butter

Carefully cut open this pocket
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Bean Dream #6: Micro language, cont.

Here are some equally valid, important, and mind-expanding vocabulary terms that may or may not be included here specifically for my nieces and nephews. Add your own in the extra spaces!

Break Wind
Cast a Smell
Cause a Back Draft
Cut the Cheese
Fart
Flatulate
Fluff
Pass Gas
Poof
Pook
Poot
Putt-putt
Toot
Whiff

1. Check the lentils for rocks, then put them in a medium pot with 1/2t salt and water or stock to cover by 1 inch. Bring to a boil, reduce heat, and simmer until tender but not falling apart, about 15 minutes. Drain.
2. In a large pot over medium heat, cook the leeks, garlic, and sherry until softened, about 10 minutes. Add the rest of the vegetables, thyme, nutmeg, sage, 2t salt, and stock. Cover and simmer until vegetables are tender, about 15 minutes. Remove from heat, stir in the lentils and sunflower seeds, and let cool. Congratulations, you now have a delicious Turnip Salad! You can serve this as is, or proceed.
3. Preheat the oven to 350F.
4. Stack 2 filo sheets on a work surface. Keep the rest of the filo under a damp towel to keep it moist. Brush the sheets with oil or melted butter, add 2 more sheets, brush with more oil or butter, and add 2 final sheets to the stack. Spread 2C of the filling in a line along one long edge of the pastry. Roll into a tight cylinder. Cut into four and place, seam side down, on a baking sheet. Repeat with the rest of the filo and filling. If you want to freeze some of these, now is the moment.
5. Bake for 20 minutes until golden. Slice in half diagonally and serve. I like to eat them with a bit of garlic aioli and some greens.

Kale and Peanut Peas

Once upon a time, I loved an allspice-orange-rosemary tea at a second hand bookstore, and after ten years I finally caught on to the other use for that perfect flavour combination.

2C dry black eyed peas (or black beans, or chick peas)
water or stock
1t + 2t salt (less if your peanut butter is salted)
1T vegetable oil
1 red onion, chopped
4 cloves garlic, sliced
1/4C peanut butter
2C stock
2t allspice
2t cumin
1/2t cayenne
1/4t freshly ground black pepper
2t fresh rosemary, minced
zest of 1/2 orange
1 bunch green kale, de-stemmed and 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 allspice, 1t salt, and pepper, cook 2 minutes. Blend peanut butter with 2C stock and add to pot, cook 2 minutes to thicken.
3. Mix in beans, rosemary, orange, and kale. Reduce heat and cover until kale softens. Adjust salt. Serve with rice.

Black Lentil Salad

If you don't like the satanic/avant garde look of black food, blue lentils are a cuter option.

1.5C black beluga lentils (or any small, whole lentils)
water or stock
1/2t + 1t salt (more if not using preserved lemon)
1T vegetable oil
1 onion, chopped
3 cloves garlic, sliced
2 carrots, diced
1 preserved lemon, peel only, minced (or, zest of 1 lemon)
1/2 bunch mint, finely chopped
1 granny smith apple, cored and grated
1C plain yogurt

1. Check the lentils for rocks, then put them in a medium pot with 1/2t salt and water or stock to cover by 1 inch. Bring to a boil, reduce heat, and simmer until tender but not falling apart, about 15 minutes. Drain.
2. In a large pot, heat oil over medium heat. Add onions, garlic, and carrots, and cook, stirring often, until vegetables are tender. Add the lentils, lemon peel, mint, and 1t salt. Mix well. Taste and adjust salt.
3. Mix together apple and yogurt.
4. Serve lentils with rice and a big dollop of the apple yogurt. Alternately, you can serve the lentils as a side dish, warm or cold, or over greens for a hearty salad.