



## **Bean Zine #4**

recipes and postcards



## **Bean Dream #7**

### **Recipes**

Lima Bean Gratin (or Brunch Beans)  
Sweet Curried Chickpeas (or Soup)  
Lemony Red Lentil Soup (or Pasta)

### **Portrait Postcards**

May: Lima Inferno  
June: Mung metropolis

Carefully cut open this pocket  
to release the postcards.

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# Bean Dream #7: Shape Shifters

It is strange to write down a single version of a bean recipe, because I make most of these in multiple forms. Behold, some rules for transfiguration:

- To turn a 6-serving bean stew into a soup, increase the liquid in the sauce to 8 cups and consider blending it. If you do blend, remove any woody herbs first (e.g., bay leaves, lemongrass). Add any greens after blending. The Sweet Curried Chickpeas recipe includes a soup variation, as an example. You can reverse this to turn a soup into a stew or ragout.
- To turn a bean stew into a gratin, put it in a baking dish, add a breadcrumb topping, and bake until toasted. Consider putting some of the bean seasonings in the crumbs instead. See the Herby Lima Bean Gratin recipe for an example.
- To turn a bean soup or stew into a salad, eliminate any liquid in the sauce and mix the cooked ingredients together. The Black Lentil Salad from Bean Zine #3 was originally a soup! Consider mixing in a cooked grain, such as barley or pasta.
- And finally, a friendly reminder that most bean stews or salads are delicious rolled up in a wrap with some greens and maybe cheese.

# Herby Lima Bean Gratin

*Lima beans have a superpower: being smooth and creamy.*

## Beans:

3C dry lima beans  
6C + 3C water or stock  
1 1/2t salt + more to taste  
1/4C olive oil  
1 large yellow onion, finely chopped  
1/2t red chile flakes  
1/2t whole fennel seeds, coarsely crushed  
3 cloves garlic, minced

## Breadcrumbs:

4 cloves garlic, minced  
1/4C parsley, minced  
1 1/2t crumbled dried sage  
1 1/2t dried thyme  
1t crumbled dried rosemary  
4C coarse bread crumbs (e.g., from day-old bread)  
1/2C grated asiago cheese  
6T olive oil  
salt and pepper

1. Check the beans for rocks, then put them in a large pot with 6C water or stock and salt. Bring to a boil, reduce heat, and simmer until tender, about 45 min. Drain.
2. Heat 1/4C olive oil in a large pot. Add onion and cook until translucent. Add the chile flakes, fennel, and garlic and cook another 2 min. Stir in the beans.

# Variation: Lemony Lentil Pasta

All ingredients as above, except:

reduce lentils to 1C  
reduce lemon juice to 1 lemon  
reduce salt to 1t  
no carrots  
reduce stock to 3C  
2C chopped fresh tomatoes  
2C packed fresh greens (e.g., arugula, spinach, mustard greens)  
2C small dried pasta (e.g., orecchiette or small shells)

1. Follow steps 1 and 2, above.
2. Cook the pasta in plenty of salted water. Drain.
3. To the lentils, stir in preserved lemon peel or zest, lemon juice, tomatoes, greens, and pasta. Reduce heat and cover, cook until greens are just wilted. Serve topped with feta.

Carefully cut open this pocket  
to release the postcards.

# Lemony Red Lentil Soup

*I have a vegetarian cookbook that opens to this recipe automatically. Here it is with my adjustments.*

2C red lentils  
2T olive oil  
1 yellow onion, diced  
2t salt  
8 cloves garlic, sliced  
2 carrots, diced  
1t black pepper  
1/4t chile flakes  
1T fresh rosemary, minced  
2t dried oregano  
2 bay leaves  
8C vegetable stock  
1/2 preserved lemon, peel only, minced,  
or zest of 1/2 lemon  
juice of 2 lemons  
crumbled feta cheese to garnish

1. Check lentils for rocks, then rinse thoroughly in a colander under cold water.
2. In a large soup pot, heat oil and cook onion until translucent. Add garlic, carrot, pepper, chile, herbs, and salt. Cook, stirring often, until carrots are tender. Add lentils and stock and bring to a boil. Reduce heat and simmer, partly covered, until lentils are soft and falling apart, about 20 min. Remove bay leaves.
3. Add preserved lemon peel or zest, and lemon juice. Adjust salt and pepper to taste. Serve topped with feta.

3. Blend together all dry ingredients for breadcrumbs, then drizzle with oil and stir until well blended. Season with salt and pepper to taste.

4. Preheat oven to 350F. Put the beans in a baking dish. Add 3C stock. Season with salt and pepper to taste. Top with breadcrumbs. Cover with foil and bake 45 min. Remove foil and bake another 15 min until crumbs are toasty. Serve as a side dish, or as a main with a salad.

## Variation: Brunch Beans

*Most beans can become brunch beans, but herby lima beans are especially suited.*

all ingredients from 'Bean' section, but with only 6C  
water or stock  
only the herbs from 'Breadcrumb' section  
1 bunch kale, stemmed and chopped  
eggs, fried or poached

1. Follow first two steps above. Stir in herbs, then kale and cook until kale is bright green. Season to taste with salt and pepper.
2. To serve, put 1 cup of beans in a bowl for each person and top with 1 or 2 fried or poached eggs. Serve with toast.

# Sweet Curried Chickpeas

*I'm always tempted to drink the spicy summer smoothie from step 3, but the final chickpeas are worth the restraint.*

2C dry chickpeas  
1t + 2t salt  
water or stock  
2T vegetable oil  
1 onion, diced  
2 bay leaves  
8 cloves garlic  
3T ginger, minced  
2 jalapeno peppers, seeded  
1 red pepper, seeded  
6 tomatoes  
1t each: cumin, coriander, paprika, garam masala  
1/4t black pepper  
1/8t ground turmeric  
2T mango chutney  
1/2 can coconut milk  
1 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, heat the oil and add the onion and bay leaves. Cook until onion is golden. Stir in the spices, cook another 5 min.

3. Meanwhile, blend the garlic, ginger, jalapenos, red pepper, and tomatoes into a rough puree. Add to the onion pot and simmer until oil rises to the surface.

4. Add the beans, coconut milk, and chutney, and bring to a simmer. Add salt to taste (about 2t). Stir in cilantro just before serving.

## Variation: Soup!

all ingredients above  
8C stock or water  
increase mango chutney to 1/4C

1. Follow steps 1-3.
2. Add the beans and stock or water, bring to a simmer. Mix in the coconut milk and 1/4C chutney. Add salt to taste. Stir in cilantro just before serving.