



Bean Zine #5

recipes and postcards

Bean Dream #8

Recipes

Billionaire Bowls
Roasted Pepper Beans
Double Dumplings

Bean Dream #9

Portrait Postcards

July: Cannelini Orbit
August: Adzukis at Home

Carefully cut open this pocket
to release the postcards.

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Bean Dream #8

Seasonally Getting Sick of Everything

For me, the key to eating what's in season is to gorge as much as possible on what is in season. Share a pint of berries with someone every day, over-buy discount tomatoes and then make all-tomato salads in a panic before they go bad, make a goal of somehow getting sick of eating fresh basil and fresh peaches and fresh cherries, preserve slightly more food than there is time or space for.

This way, you get to eat everything when it is most delicious and most affordable. Just as importantly, you are so tired of each beautiful fruit and vegetable when its season ends that you don't crave it. Those sad, expensive winter tomatoes and berries won't be able to tempt you. Total saturation is easier to accomplish in winter-- I love beets and turnips but it isn't hard to take the edge off my turnip cravings. Summer is tougher-- this time of year, all I want to do is eat fresh fruit and herbs and bask in feeling soooo lucky to have access to fresh fruit and herbs. It's food for emperors and it is only around for a couple of months.

By the end of September, I need to be excited about cabbage and apples, so here are recipes that help me get sick of summer.

Billionaire Bowls

Unlike most Bean Zine recipes, this produces a single serving. It is very easy to scale. The ingredients listed here are my favourite summer bowl, but I hope it is obvious that all of the ingredients and proportions are flexible. The core message is: put all your favourite summer produce in a bowl, with chickpeas.

1C cooked couscous
1C cooked chickpeas
1-2 tomatos, diced
pinch of salt
1 small garlic clove, minced
1/2C diced cucumber
2T minced fresh basil
2T crumbled feta cheese
1T olive oil

1. Place ingredients in a bowl, in the order listed. Enjoy!

Variations:

- other grains: millet, quinoa, brown rice mixed with barley, buckwheat...
- other juicy dinner fruits: bell peppers, strawberries, peaches, watermelon...
- other herbs: mint, tarragon, chives, edible flowers...
- alternatives to garlic and feta: kalamata olives, minced preserved lemon peel, capers, bocconcini, balsamic vinegar, radishes...
- optional nuts: walnuts, sunflower seeds, pumpkin seeds, whole or sliced almonds...

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Bean Dream #9

Oven-Dried Tomatoes

The tomato's most delicious form.

roma tomatoes, cut in half lengthwise
olive oil

1. Preheat oven to lowest setting, around 170F-200F.
2. In a large bowl, toss tomato halves with a drizzle of olive oil to just coat. Spread, cut side up, on baking trays. They can be crowded, because they will shrink.
3. Place trays in the oven and dry for 8 hours. When I make a batch, I start them right before bed. After the first 8 hours, check them once an hour and remove any tomato halves that are done: mostly dried but still soft. Put the finished tomatoes on a plate to cool, and return the tray with the remaining tomatoes to the oven. Repeat until all tomatoes are done.
4. Pack the cooled, dried tomatoes tightly in a glass jar. Add olive oil to cover, and keep in the fridge indefinitely. Use as you would sundried tomatoes: on salads, in pasta or bean dishes, in dips or spread, or as a snack.

Roasted Pepper Beans

This is based on a tapas dish I loved, in a restaurant very far away from Spain. It is a great showcase for specialty sausages, if you have some.

2C dry cannellini beans (or other large white beans)
1t + 1t salt
3 red peppers
1 yellow onion, diced
1T olive oil
2t sweet paprika
1t cumin
1/4C light cream
1/4 bunch parsley, chopped
1/2C sliced almonds
4 chorizo sausages or other sausages,
cooked and sliced (optional)

1. Check the beans for rocks. 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. Meanwhile, put the whole peppers on a baking sheet and broil, turning occasionally, until they are blackened and blistering. Remove from oven and cover with a cloth to steam. When cool enough to handle, peel and core the peppers. Puree the pepper flesh until smooth.
3. Heat the oil in a large pot. Add the onion and cook until translucent. Add the paprika and cumin, cook another 2 minutes. Mix in the pepper puree, 1t salt, and cream, then the beans, almonds, parsley, and sausage if using. Taste and adjust salt. Serve over rice.

Double Dumplings

Rice balls are very quick and simple to make, but for a lazier version of this, serve the bean dumplings and salad over a scoop of rice. For an even lazier version, just mix the black beans into the salad and serve that over rice. It does not get lazier though: the lime-pickled onions are essential.

1 red onion, thinly sliced in half-rings
zest and juice of 1 lime
1/2t + 1t + 1/2t salt
2/3C dry black beans, or 2C cooked black beans
water or stock
1/4C + 3C cooked white rice
2 garlic cloves
1 egg
2T breadcrumbs
1t cumin
1/2t chili powder
1/8t - 1/4t cayenne (optional)
3T toasted sesame seeds (approximately)
4 tomatoes, diced (or more)
1C cooked corn kernels (or defrosted frozen corn)
1/2 long english cucumber, diced
1-2 jalapeno peppers, seeded and finely diced
1 head romaine lettuce, washed and chopped
plain yogurt or sour cream for garnish

1. Check the beans for rocks. Put them in a large pot with 1/2t 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. Preheat oven to 350F.

3. Place the sliced onions in the bottom of a medium-sized flat-bottomed dish. Add the lime juice and zest and 1t salt. Stir to combine, then spread out so most of the onion is sitting in lime juice. Let stand for 15 minutes.

4. Meanwhile, in a food processor, combine beans, 1/4C rice, garlic, egg, breadcrumbs, cumin, chili, cayenne, and 1/2t salt (reduce salt to 1/4t if your chili powder is salted, or if using canned beans). Blend until roughly combined.

5. Grease a cookie sheet and optionally line with parchment paper. Using two spoons, drop 1.5-inch balls of bean mix on the cookie sheet and shape into 18 plump balls. Bake 20 minutes, turning once.

6. When onions stop tasting raw and start tasting softer and pickled, add the tomatoes, corn, cucumber, and jalapenos. Mix, taste, and adjust seasoning.

7. Using wet hands, roll 1/4C rice into a ball. Roll in sesame seeds to coat. Place on a plate and repeat to form a total of 12 rice balls.

8. To serve, divide the romaine lettuce evenly between 6 bowls. Place 3 bean dumplings and 2 rice dumplings in each bowl, along with a scoop of salad and a dollop of yogurt or sour cream.