



Bean Zine #6

recipes and postcards

Bean Dream #10

Recipes

Split Pea Stacks

Bean Salad Sandwiches

Lentil Soufflé

Bean Dream #11

Portrait Postcards

September: Backdoor Split Pea

October: Black Eyed Pea Lagoon

Carefully cut open this pocket
to release the postcards.

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Bean Dream #10: Oblivion

Welcome to the final issue of Bean Zine, at least for now. It seems I forgot to warn people that this was a one year project. I encourage you to fill the hole this leaves in your heart with beans.

No zine could ever contain the global wealth of bean knowledge and bean innovation. Bean pot pie, steamed bean pudding, the triumph that is red bean paste... no one should interpret the exclusion of a bean dish from these pages as a lack of admiration or respect. I would never presume to try to survey the world of bean recipes, or collect them into a weird bean zoo. No. The point is only that I love beans, because beans have many lovable qualities. They are cheap, delicious, nutritious, easy to grow, easy to store, and easy to prepare, and their endless variations are beautiful to look at. I'm sure this is why beans have been popular with so many people, in so many places and times.

The world is a bottomless well of bean dishes, but I am not. So goodbye for now, and enjoy your beans.

Split Pea Stacks

Dried peas are tasty but their off-green colour is not the most appetizing. Blending in a bunch or two of fresh greens perks them right up.

2C dry green split peas
2C pot barley
water or stock
1t + 2t salt
1 bunch spinach, washed and roughly chopped
1/2 bunch fresh mint, washed and roughly chopped
1C walnut pieces
1/2C crumbled feta cheese
beet chips

1. Check the peas 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 and falling apart, about 40 minutes. Drain gently.

2. In another large pot, add the barley and 6C water or stock. Bring to a boil, reduce heat, and simmer until tender, about 40 minutes. Drain if necessary.

3. In a food processor, blend the split peas, spinach, and mint to a rough paste. In a large bowl or pot, thoroughly mix the green paste with the barley, walnuts, and cheese. Taste and adjust salt.

5. To make the stacks, use a 1-cup measure or mold. Wet the mold with water, then fill with pea mixture. Unmold onto a plate and add a side of beet chips. Repeat for each stack.

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Bean Dream #11: Infinity

The world is a bottomless well of bean recipes, but it can be even simpler than that. I know several power users of bean zine have the same strategy that I do, which is to remember that you can go a long way by mixing and matching beans, greens, and grains.

You can alter most recipes by swapping the green, or the bean, or the grain. Arugula instead of kale, quinoa instead of rice. This is a good way to use up ingredients you already have, to make use of whatever is in season or on special, to experiment with a new variety of greens or grains, or to add variety to your meals if for some reason you stop receiving new recipes on a bi-monthly basis.

So, here are some ideas to help you switch up old bean recipes to keep the future fresh and beany.

- Firmest beans: chickpeas, soy beans, favas
- Basic beans: kidney, black, pinto, navy, black eyed peas, cannellini, romano, most heritage beans (anasazi, dragon tongue, orca...)
- Softest beans: split peas, split lentils (red, white...), other split beans, limas
- Greens: kale, spinach, arugula, broccoli/ni, collards, rapini, chard, beet tops, turnip tops, mustard greens, escarole, cabbage, herbs (parsley, mint, cilantro...)
- Grains: rice (white, brown, red...), quinoa, wild rice, millet, barley, wheat (bulgur, couscous, pastas...), buckwheat

Bean Salad Sandwiches

Though lesser known than chicken salad, tuna salad, egg salad, and potato salad, it turns out white beans make a great creamy salad too.

- 2C cooked cannellini beans
- 1 dollop mayonnaise
- 1T capers
- 1 stick celery, diced
- zest of 1/2 a lemon
- 1/2t dill
- salt to taste

1. In a medium bowl, mix all ingredients together. Taste and adjust seasonings. Voila! Sandwich filling!
2. Construct a sandwich. My favourite version is two pieces of toasted whole-wheat bread with bean salad, lettuce, and salt and pepper.

Instead of capers, lemon, celery, and dill, try:

- half a diced apple and 2 green onions, sliced
- 1t chipotle in adobo and 2T minced cilantro
- half a green pepper, finely diced, 2T minced parsley, and 2 pieces of crumbled bacon
- black olives, sun-dried tomatoes, and 2T minced fresh basil

Lentil Soufflé

The Saskatchewan Pulse Growers Association (lentils.org) paid a tv chef to fly to France and film a video about this recipe, so despite my aversion to propaganda from business associations and my even larger aversion to contrived recipes, I tried it. Every time I tasted the batter I was skeptical, but the final result is transcendent. Airy vanilla lentils: who knew? Serve this after Turnip Salad from Bean Zine #3 for an entire unappetizing-sounding meal.

6 6-ounce ramekins (or 1-cup, wide-mouth mason jars)
1C French blue lentils
3C water
1/4C + 2T + 1/4C granulated sugar
1/8 t salt
1t star anise powder (or nutmeg or cinnamon)
2T butter, and more for brushing ramekins
2T lemon juice
1t vanilla extract
6 large eggs
1/4 C flour
1/4 t cream of tartar

1. In a small pot add lentils, water, 1/4C sugar, and salt. Bring to a boil, reduce heat, cover, and simmer until lentils are tender, about 40 minutes.

2. Meanwhile, separate eggs. It's essential that not even one small drop of yolk stray into the whites, so it's best to work with one egg at a time. Use one bowl for yolks, another bowl for the one-at-a-time white from each egg and one bowl for all previous whites.

3. Preheat oven to 375°F and position a rack in lower third of oven. Prepare inside and rim of ramekins by brushing with soft butter then thoroughly sprinkling with white sugar, about a teaspoon each. Tilt to evenly distribute the sugar then invert and tap out the excess.

4. Transfer almost all lentils to food processor, reserving a heaping spoonful for garnish. Add star anise, 2T butter, lemon juice, and vanilla. Puree until smooth. Cool until you can hold your finger in for at least a few seconds. If lentils are too hot, you will prematurely cook the yolks in the next step.

5. Add egg yolks and flour and puree again, until smooth. Transfer to a large mixing bowl and stir in the reserved whole lentils. Rest at room temperature while you ready the remainder of the dessert.

6. In a very clean bowl and using a very clean mixer, whip egg whites until foamy. Add the cream of tartar and whip until soft peaks form. Slowly add 1/4C sugar and continue whipping until peaks are stiff but not dry.

7. Using a large rubber spatula, stir about 1/3 of whites into lentil puree. Gently fold remainder of whites into lentil puree. Fill each ramekin with batter, and smooth and level top with a spatula blade.

8. Bake for 15 to 20 minutes, until soufflés are risen and set. Serve immediately-- they really do start deflating instantly! Vanilla ice cream or whipped cream are good accompaniments.