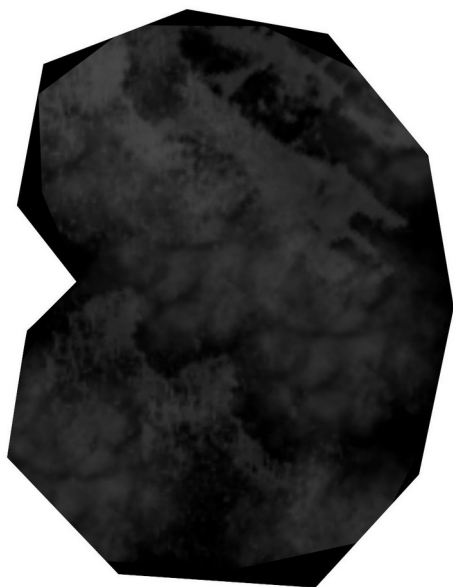




Bean Zine #9

recipes and postcards

Bean Dream #17

Recipes

Broccoli-Edamame Salad

Sharp Lentil Salad with Roasted Beets

White Chicken Chili

Bean Dream #18

Portrait Postcards

May: Haunted Edamame

June: Chickpea Groceries

Bean Dream #17:

Depression Era Skills

Here in our collapsing society, I see discussions of food budgets getting ever more intense. A big topic is the price of meat. Can you guess what I am thinking?

Obviously I am a fan of beans on their own, but perhaps less obviously I am also a fan of bean dishes that have a little bit of meat in them. A pot of beans can make two pieces of bacon a meaningful amount of bacon for a table of six. Among all the other suggestions for how to eat meat less often-- Meatless Monday, actually being vegetarian, etc-- I think dishes that make a little bit of meat go a long way have value too.

Once again I am hyping a very old home economics skill. This one is sometimes known as stretching meat. Between this and how much pleasure I derive from buying vegetables in bulk, making stock from veggie scraps, sewing hankies out of old shirts, and so on, I am realizing I should ask-- what are your favourite old-school home economics practices?

As always, I welcome your transmissions on any communications channel.

Broccoli-Edamame Salad

Red cabbage is high in vitamin C to help you absorb the iron in edamame and broccoli, so this is a win if you are on an iron quest like me. It's also a win if you just like colourful, crunchy food. I like to serve it with rice and salmon, or topped with a fried egg.

3/4C edamame (out of the shell)
400g broccoli, in bite-sized florets
1/8 red cabbage, shredded
2 green onions

dressing

1/4C rice vinegar
2T soy sauce
1t sugar
2T sesame oil
2 cloves garlic, minced

1. Bring a large pot of salted water to a boil. Add the edamame and cook for 3 minutes. Add the broccoli to the same pot and cook for about 30 seconds, until the broccoli is bright green. Drain the vegetables and transfer to a bowl. Refrigerate for 5-10 minutes to cool.
2. Meanwhile, mix all the dressing ingredients.
3. When the vegetables have cooled as much as you like, mix in the cabbage and green onions. Add dressing to taste and toss to dress evenly.

Sharp Lentil Salad with Roasted Beets

Lentils with a mustardy vinaigrette are a delicious pairing for roasted veggies. See the end of the zine for other veggie and herb combos.

2 medium beet roots
1C dry beluga lentils
1t salt
large handful of fresh tarragon, minced

sharp vinaigrette

1 clove garlic, smashed
1t salt
1t sugar
1t dry mustard
1/2t ground black pepper
2T red wine vinegar
4T olive oil

1. Combine all the dressing ingredients and refrigerate.
2. Preheat the oven to 350F. Place the whole beet roots in a baking pan and roast 40 minutes or until tender.
3. Meanwhile, put the lentils and salt in a pot with plenty of water. Bring to a boil, reduce to a simmer, and cook 15 minutes or until tender. Drain.
4. When the beets are cool enough to handle, slip off the skins. Cut in half lengthwise and then slice.
5. Remove the garlic from the dressing. Combine lentils, beets, tarragon, and dressing in a bowl. Mix well.

White Chicken Chili

This is a slightly simplified version of an epic recipe by J. Kenji Lopez-Alt. If cooking for a crowd with a mixed relationship to spicy peppers, I use green bell peppers in the main recipe and serve pureed roasted jalapeños on the side.

500g dried white beans (cannelini, navy, etc), cooked, or
2 (540ml) cans of cooked beans
3-4 mild green chilis such as poblano or anaheim,
or 3 green bell peppers
2-4 hot green chilis such as jalapeno or serrano (optional)
1 yellow onion, peeled and halved top to bottom
8 cloves garlic, peeled
4C chicken or vegetable stock
2T vegetable oil
1T ground cumin
1t ground coriander
1t salt
900g boneless, skinless chicken thighs
juice of 2 limes
400g jack or old white cheddar cheese, shredded
1 bunch cilantro
3-4 green onions, thinly sliced
1 lime, cut into wedges

1. Arrange peppers, onion, and garlic on a rimmed baking sheet and broil, turning about every 5 minutes, until blackened on all sides. Let cool.
2. In a large bowl, add the stock. Peel and seed the peppers into the bowl, catching any juices. Set the pepper flesh aside.

3. In a large pot, heat the oil. Add the cumin and coriander, and stir for 30 seconds until fragrant.
4. Strain the stock into the pot, pressing to squeeze out the liquid. Add the roasted vegetables and 1t salt. Blend until smooth.
5. Add the cooked beans and chicken to the pot. Bring to a boil, reduce heat, and simmer, covered, for 20 minutes until chicken is cooked through.
6. Remove chicken thighs, chop or shred, and return them to the pot.
7. Add half the cheese and stir until melted. Stir in lime juice and half the cilantro. Taste and adjust salt.
8. Serve with green onions, remaining cheese and cilantro, and lime wedges. Deserves cornbread.

Bean Dream #18:

Vegetable Literacy

Deborah Madison, in her cookbook / theory textbook *Vegetable Literacy*, makes several proposals for the general handling of different types of vegetables in the kitchen. Two that have stuck with me are the idea that plants in the same botanical family can usually be substituted or combined, and that the sweeter a vegetable is (like carrots, squash, or beets) the more it benefits from additional acid like lemon or vinegar for balance.

These two ideas can generate some fun variations for the Sharp Lentil Salad. It is already vinegary, so it is a good place to try other sweet veggies.

- Try roasted carrots instead of beets, and switch the tarragon to an herb from the carrot family: dill, parsley, cilantro, or fennel.
- Try roasted squash cubes instead of beets. For herbs, a common seasoning for squash is sage. Perhaps consider other herbs in the same family as sage: rosemary, oregano, or mint.
- Mix in other ingredients from the beet family, such as quinoa, sunflower seeds, or spinach.

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to release the postcards.

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