

herbed butter beans

Equipment:

saucepan with lid, measuring cup and spoon, knife, chopping board, colander, salad spinner

** you will need to presoak beans, or use tinned

Ingredients:

½ cup dried borlotti beans, soaked in water overnight

1x 2cm piece kombu (dried seaweed) - optional

1 bayleaf

40gms butter, softened or chopped into pieces

1 clove garlic, crushed

salt, to taste

freshly ground black pepper

a few drops of lemon juice

2 tblspns finely chopped parsley

2 tblspns finely chopped chives

method

Drain beans, then put in a saucepan with fresh water, 8cm above the level of the beans. Put in the kombu and bay leaf, cover, bring to boil, allow to simmer for 1 hr. They need to be soft enough to eat, but not mushy. Drain thoroughly, and remove kombu and bayleaf.

Add butter, garlic, salt, pepper, lemon juice, parsley and chives. Mix gently, then serve hot.