

# Recipes



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Creamy White Beans from: "Choi Panisse Cafe Cookbook" by Alice Waters

3 cups Cannellini Beans Bouquet garni of celery, parsley, thyme, bay leaf

2 medium onions 2 carrot

Salt Extra-virgin olive oil

2 cloves garlic, chopped fine Red pepper flakes

1 teaspoon finely powdered fennel seed 2 teaspoons rosemary, chopped fine

Soak the beans overnight in water to cover. The next day, drain the beans and put them into a large heavy-bottomed pot. Add the bouquet garni; 1 onion, quartered; and 1 carrot, peeled and cut in chunks. Cover with water and bring to a boil. Reduce the heat to a simmer and skim any foam that has risen to the surface. When the beans begin to soften, add a generous amount of salt and continue to cook gently until they are very tender. When they are fully cooked, remove from the heat.

While the beans are cooking, cut the remaining onion and carrot into fine dice. Heat a sauté pan and add enough olive oil to coat the bottom of the pan. Add the onion and carrot, season with salt, and cook over medium heat until tender. Set aside.

Puree 1 cup of the cooked beans in a blender with a little of their cooking liquid. Drain the remaining beans, reserving the liquid, but discarding the onion, carrot, and bouquet garni. Heat a large sauté pan and coat the bottom with olive oil. Add the garlic and a pinch of red pepper, and briefly before adding the dice onion and carrot, the bean puree, beans, powdered fennel seed, and rosemary, if you wish. Cook over medium heat, stirring occasionally, until the beans are hot. If too thick, thin with some of the reserved cooking liquid. Taste and season with salt as necessary. Finish with a generous drizzle of olive oil and serve.

