

# SALISBURY CENTRAL'S Kitchen Chronicles

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“Red beans  
and ricely  
yours..”

-- American  
Jazz great,  
Louie  
Armstrong



## Ode to the Most Musical Fruit

Oh beans, they get a bad rap for the “music” they elicit, but eating them is well worth the risk of producing your own odiferous percussion. Most dried beans are simply different varieties of the common bean plant, *Phaseolus vulgaris*, cultivated over thousands of years to yield the diverse bounty we have today.

Although most are not grown for mass consumption, there are over 40,000 bean varieties held in genobanks around the world! And to think that Chipotle only gives

you TWO choices! Beans are seriously old food--the earliest evidence of wild strains has been dated to around 10,000 B.C.E. And archeologists have found bean remains in human teeth discovered in Peru dating almost as far back.

Beans can be enjoyed at three distinct phases in their growth cycle, though some types lend themselves better to one phase or another. But whether you are eating green beans (the immature fruit of the bean

plant), “shellies” (the fresh beans harvested from the pods), or dried beans (the desiccated seeds of the plant collected from the dehydrated pods), you are getting a wallop of healthy protein and fiber from the same basic plant. Dried beans come in a variety of colors, textures, and flavors, making for an easy, low-fat, and substantial meat alternative. They can even make sweet treats a little more nutritious. So what do you say? Get cozy, bake some beans, and toot away!

**Kids Can Cook Too!**

Rancho Gordo is an heirloom dried bean company based out of Napa, CA. In addition to selling some darn beautiful beans, they are a great resource for how to cook them--check out [their simple instructions](#) for making a swell batch of beans, whether slowly on the stovetop, slower in the crockpot, or lightening fast the pressure cooker.

**Rancho Gordo's Pasta e Fagioli**

Serves 4-6

- 1 lb. good quality pasta (shells, elbows, or other small shape)
- 3 cups cooked beans or 1.5 cups each of two varieties (cranberry beans and/or a variety of white bean will do)
- 4 cups bean broth from the cooked beans (If you have less than four cups, make up the difference with chicken/veggie broth)
- 4 oz pancetta/bacon, cubed or roughly chopped
- 1 tbs of lard (or 2 tbs extra virgin olive oil)
- 1 medium onion, chopped fine
- 1 celery rib, chopped fine
- 1 carrot, minced
- 1 garlic clove, minced
- 1 rosemary sprig
- ½ tsp red pepper flakes
- 1 tbs tomato paste
- Extra virgin olive oil
- Salt & pepper to taste (optional)

- Pecorino or Parmesan cheese, grated, for serving
1. As you prepare the beans, make sure you have plenty of liquid on hand when they are done as this will be the basis for your sauce.
  2. While the beans are cooking, prepare the soffritto. Melt the lard (or olive oil) in a medium-sized pan over medium heat. Slowly fry the pancetta until fragrant and chewy. Once cooked, remove the pancetta with a slotted spoon and let rest on a paper towel. If needed, add more olive oil so there is enough fat to fry the aromatic vegetables. Add the carrot, celery, garlic and onion until the vegetables are soft and the onion is turning golden colored. Add the tomato paste and pepper flakes and cook for a few minutes until the paste is heated through and the tomato flavor is intensified.
  3. Add the bean broth and rosemary sprig and adjust the salt and pepper to taste. Continue cooking on a gentle simmer for 15 minutes or so. The liquid should start to reduce.
  4. Cook the pasta in a large stockpot in salted water for about 10 minutes, stirring occasionally. Drain.
  5. Add the drained pasta, beans, and reserved pancetta to the soffritto mixture, mix well and gently cook for a few minutes to marry the various flavors.
  6. Serve immediately with a splash of peppery extra virgin olive oil. Pass around a bowl of grated pecorino or Parmesan cheese for the guests to help themselves.
  7. Dig in!

"There was an old man of  
Orleans,  
Who was given to eating of  
beans;  
Till once out of sport,  
he swallowed a quart,  
That dyspeptic old man of  
Orleans."

--Edward Lear (1812-1888)



## Vegetable Verse

### Red Beans

by Victor Hernandez Cruz

Next to white rice  
it looks like coral  
sitting next to snow

Hills of starch  
border  
The burnt sienna  
of irony

Azusenas being chased by  
the terra cotta feathers  
of a rooster

There is a lava flow  
through the smoking  
white mounds

India red  
spills on ivory

Ochre cannon balls  
falling  
next to blanc pebbles

Red beans and milk  
make burgundy wine

Violet pouring  
from the eggshell  
tinge of the plate.



"Do you like vegetables?" Sophie asked, hoping to steer the conversation towards a slightly less dangerous kind of food.

"You is trying to change the subject," the Giant said sternly. "We is having an interesting babblement about the taste of the human bean. The human bean is not a vegetable."

--Roald Dahl, "The BFG"

## Mission Nutrition

Beans may be tiny, but they are mighty, offering vegans, vegetarians, and omnivores alike a hearty source of "green protein"-- the body's main fuel and the building blocks for healthy muscles, organs, tendons, and skin. Beans leave a smaller carbon footprint than animal proteins and produce their own "green manure," when dried seed pods fall off and are incorporated into the soil. Plus, all that lean protein will give you lots of energy for school, sports, and play!

Beans are also a terrific source of both soluble and insoluble fiber. Insoluble fiber is awesome for the health of your digestive tract, and helps to reduce the risk of certain types of cancer. Soluble fiber binds to sugars, fats, and cholesterol present in your meal, so they can't be absorbed into your bloodstream. Beans

have a low glycemic index--they don't spike your blood sugar, leading to a release of insulin, and a sugar crash. Foods with a low glycemic index like beans prolong satiety (the feeling of being full) which helps to keep calories and weight gain down, along with the risk of Type II Diabetes.

And of course, beans are packed with vitamins, minerals, and antioxidants, like potassium, iron, and folic acid. They strengthen your heart, protect against anemia, and battle the free-radicals that cause cancer.

Because of their high folic acid content which aids in a gestating baby's development, beans are an especially important dietary ingredient for pregnant woman.

And they are naturally gluten-free!

traditional method to which smaller farmers today have returned.

So how do dried beans (seeds) get out of their pods? That requires what is called threshing and winnowing, the process of separating the seed from the inedible plant material. While there are now machines that can do this work with large volumes of plants, the old-fashioned method is to bang the dried plants and pods inside a container, or stomp on them wrapped in a blanket or tarp (see picture on next page). Then the beans/seeds have to be separated from the chaff--the dried plant material--through winnowing. You can winnow some larger seeds like beans by pouring them into a container in front of a box fan that will blow the chaff away. It sure takes a lot of work to get those black beans into your burrito!



EAT BOLD. EAT BRAVE.  
PUT ON YOUR ADVENTURE  
FOOD PANTS!

## Culture Corner

Recent studies have proposed that the wild common bean plant had its origins in Mesoamerica, spreading from there into territories that became Ecuador, Colombia, and Peru. The plant was then domesticated (grown and selected intentionally by humans for certain characteristics) in two geographic centers, within the Andes mountains and Mexico. Gradually beans proliferated throughout North America as well, becoming a dietary staple. Early peoples discovered a genius farming strategy known as "the three sisters." Corn, squash, and beans were planted together, providing not only complementary nutrition, but also ecological benefits to each while growing. The "three sisters" have been grown together for at least 5,000 years, a



## Redhawk Recipe Roost (or more delicious things you can do with Beans!)

Redhawks, we have gmail account where you and your family can share with the SCS community favorite recipes featuring healthy fruits, veggies, grains, and lean meat! Send us your experiences trying new foods in 2015! Just email us at: [ravenousredhawks@gmail.com](mailto:ravenousredhawks@gmail.com). Who knows? Your family's stories or recipes could appear in an edition of SCSKC!

[New England Baked Beans](#)

[Classic Louisiana Red Beans and Rice](#)

[Vegetarian Hungarian Red Bean Stew](#)

[GF Black Bean Brownies](#)

[Red Bean Ice Cream from Food 52](#)

[Lentil and Sausage Soup from Food 52](#)

[Vegetarian Black Bean Arepas](#)

[Borlotti Bean Mole with Roasted Winter Squash](#)

[Perfect Refried Beans from Serious Eats](#)

[The Greens' Black Bean Chili](#)

[Trini Stewed Red Beans](#)

[White Bean Burgers](#)

[Traditional Cassoulet](#)