

LEGUMES

EUROPE'S CULINARY TREASURES

Traditional and modern recipes
for a future-oriented diet





Transition paths to sustainable legume-based systems in Europe



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www.true-project.eu

PREFACE

Dear reader,

If we were to name the culinary wonders of the world, the key ingredients of our recipes would undoubtedly be among them. For centuries, legumes have been an important source of protein for people around the world. They not only feed people, but also butterflies and bees. Legumes even enrich our soils by improving the stability, permeability and water storage capacity of the land on which they are grown. These small plants can thus help us meet the urgent needs of counteracting climate change and supporting global food security.

Worldwide, there are 18,000 varieties of beans, peas, lentils, lupins, chickpeas and the like, so there is no risk of ever getting bored with them. In the last few decades, however, these tiny powerhouses have taken a back seat in western kitchens and our increasingly fast-paced everyday lives. That people the world over are now rediscovering the fascination of legumes pleases us all the more at Slow Food.

Thanks to their properties and versatility, legumes are pioneers of a menu of the future that will nourish people in a balanced, resource-conscious and varied way. They are also key to providing a tasty alternative to the large quantities of animal products we currently consume. This is good for the planet and therefore also good for us, because our well-being depends on the health of the planet. For legumes to fully realize their potential, we need to revive and refresh our knowledge of their uses in agriculture and the kitchen. This will mean expanding frameworks for regional, ecological value chains and boosting demand for legumes. This collection of recipes is a contribution toward this goal. It is a potpourri of dishes from European cuisine, contributed by people from all over the continent. You will come across almost forgotten culinary knowledge, modern creations and personal stories.

First-hand sensory experience will determine the popularity of our little plant wonders. And faced with the climate crisis and a growing human population, they could become an important part of the policy solutions we now need.

We hope you enjoy browsing and trying out these recipes. We would like to warmly thank all of the organizations that have realized the TRUE project – internationally!

Slow Food Deutschland e. V.

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ABOUT US



Slow Food®
Deutschland e.V.

Slow Food Deutschland e.V.

Slow Food is an international movement of millions of people from more than 170 countries who are committed to good, clean and fairly produced food. They combine pleasure with responsibility and have the courage and perseverance to support the changes needed for a better, fairer world for all. They are committed to socially and ecologically responsible agriculture, fishing and artisanal food production. Slow Food Deutschland (SFD) has helped shape the nutrition discourse in Germany for almost three decades and has been recognized as a driver for change by the German government since 2011.

The association informs and educates consumers, guiding them through the jungle of “nutritional information”, and develops recommendations for action for decision-makers in government and business. Educational projects, campaigns and events address children, young people and adults. The large group of volunteers at the base is the beating heart of the association. Preserving diversity has been a top priority for Slow Food from the outset. Diversity is not only biological, but also cultural: specific agricultural practices, cuisines and traditions develop from local species and varieties, climates and soils. Our culinary heritage and biodiversity are closely linked.

TRansition paths to sUstainable legume-based systems in Europe

Slow Food Deutschland is one of 24 project partners from the scientific community and practitioners from eleven countries in the EU project TRUE: TRansition paths to sUstainable legume-based systems in Europe.

The aim of the project is to expand the cultivation and consumption of legumes in Europe and to once again popularize old varieties. It intends to entice consumers with the wide range of legumes – in both traditional and reinterpreted recipes. Slow Food Deutschland has collected and compiled recipes from various European regions. Each recipe is accompanied by detailed information on its nutritional value, ecological footprint, history and culinary tradition. Other partners are exploring innovative solutions and recommendations for action for cultivating, processing and consuming legumes.



OUR NETWORKS



ARK OF TASTE AND PRESIDIA

The Ark of Taste project is active worldwide to stop regionally significant foods, livestock breeds, cultivated plants and traditional methods of preparation, which are considered unprofitable or “out of fashion” in the industrial food system, from being forgotten. The Ark of Taste, with its motto “Eat what you want to save”, raises awareness of its passengers and thus protects them, because if something is not eaten, it will not be in demand, cannot be sold and is therefore no longer produced.



In a Presidium – Italian for shelter – people from agriculture, the food trade, retail, the restaurant and food service industry, and the scientific community join together with conscious consumers as a network to preserve endangered products, crops and livestock breeds. And in this way, they protect our cultural landscapes.

Both are projects of the Slow Food Foundation for Biodiversity.



SLOW BEANS

Slow Beans is a network of Italian legume producers who cultivate almost forgotten varieties. At their annual Slow Beans event, they convey to consumers the variety of flavors, gastronomic and nutritional value of legumes and at the same time explain their relevance for food sovereignty, healthy soils and resource conservation.



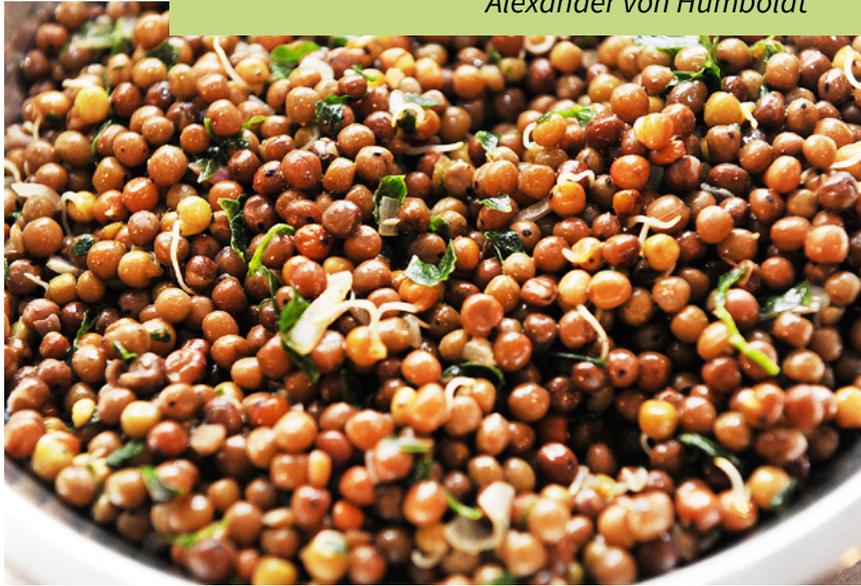
CHEFS' ALLIANCE

The Slow Food Chefs' Alliance is a growing worldwide network of chefs. The members know their producers, show responsibility for regional, ecological and social agriculture and value creation and ensure that livestock is treated with respect. They are willing to pay fairly for good work and good products. Together, they are committed to the protection of biocultural diversity and gastronomic and craft knowledge. A variety of chefs also means a variety of backgrounds and cooking styles. What they all have in common, however, is that they create dishes which tell stories about people, animals and the landscape of their origin. A culinary network like the Chefs' Alliance ensures the vitality of regional food supply chains and contributes to the transformation of the food system.

INTERESTING FACTS ABOUT OUR BOTANICAL WONDERS

“The same stretch of land, which as a meadow – i. e. as cattle fodder – feeds ten people indirectly through the meat of the animals fattened on it, is capable of sustaining and feeding a hundred people if it is cultivated with millet, peas, lentils and barley.”

Alexander von Humboldt



... and other reasons why we are enthusiastic about pulses, or "legumes" in botanical parlance. They are:

Luscious!

Naturally rich and filling, legumes are the ultimate comfort food. Whether your recipe is savory or sweet, traditional or innovative – the natural appeal of legumes comes through every time.

Effortless!

Legumes virtually cook themselves. They don't require elaborate preparation work and can be left unattended during soaking and cooking. Time-honored recipes are often the simplest and best.

Good for ...

... people and the planet! Legumes are an excellent source of protein, fiber, minerals, vitamins and trace elements. And thanks to their modest ecological footprint, legumes are a sustainable and ethical choice.

Unusually versatile!

From rustic stews to vegan sandwich spreads and delicate desserts, your imagination is the limit. With 18,000 varieties to choose from, legumes are a cornerstone of biocultural diversity.

Multicultural!

From the New World's frijoles charros to North Africa's breakfast staple ful medames and the myriad dal recipes of the Indian sub-continent, legumes transcend borders as a foundation of numerous world cuisines.

Environmentally friendly!

By fixing nitrogen from the air, legumes mobilize nutrients and enhance soil quality, making them indispensable for the sustainable agriculture of the future.

Social!

Legumes are inexpensive and widely available at any time of year. They play a major role in ensuring worldwide food security and ensuring that our food system respects planetary limits.

COOKING AND KITCHEN TIPS

Pulses are the very definition of "slow food". Their preparation is straightforward. The most important ingredient is time! But once they are soft, everything goes very quickly.

Tips and tricks for preparing legumes

1. *Inspect the legumes closely.*
 - You may occasionally discover small stones or other grains.
 - Discard legumes with dark spots, as they may be affected by mold or fungus.

2. *Soaking time*
 - Soak legumes overnight – for at least 12 hours. Change the water if it becomes cloudy or foam forms.
 - Soaking breaks down antinutrients and reduces legumes' bloating effect.
 - Use fresh water for further processing and cooking.

3. *legumes practically cook themselves*
 - Depending on the type, use 2.5 to 3.5 times the volume of cooking liquid.
 - The cooking time varies greatly, ranging from about 30 minutes for lentils to 120 minutes for chickpeas. Be sure to cook them until completely soft! If you are in a hurry, hulled legumes may be the better choice.





- 4. Herbs and spices are an ideal accompaniment**

 - If spices such as caraway, fennel, aniseed, marjoram, thyme, oregano or basil are added to legumes during cooking, they contribute significantly to their digestibility. A great side effect is that the legumes soften faster.
- 5. Nutrient bonus through clever combinations**

 - In connection with cereals, potatoes or dairy products, the human body can utilize more of legumes' valuable plant proteins. This has been known for thousands of years: classic combinations – such as beans and corn in Mexico or pasta and beans in Italy – can be found around the world.
- 6. Integrate legumes into your diet gradually**

 - Any gut that has not been exposed to legumes often or in large quantities will need time to get used to the fiber-rich marvels. The important thing is to be consistent! Regular consumption increases well-being and soon you will not want to do without them. Hulled legumes are good for a start, as the core is easier to digest than the skin.
- 7. Always good to have in the pantry**

 - Dried legumes can be stored in a cool, dry dark place for over a year.
 - Hulled legumes should be consumed within six months.

Many thanks for the suggestions to Hubert Hohler, Chefs' Alliance member from Überlingen on Lake Constance!

COLORFUL VARIETY

The legume as an ingredient

“I love to cook with legumes because they are true superfoods! First of all, they are full of vegetable proteins and minerals, they are filling without any side effects, and they are also great for our soils. And let’s not forget that legumes can be stored very well (dried!) and are therefore available all year round as an important staple food – local legumes and wonderful traditional (not to mention inexpensive!) recipes can be found all over the world!”

Inés Lauber, “Farewell avocado – hello peas!”, Germany » page 20

“Beans will make you slim, beautiful and smart. So will peas. And lentils, of course. Besides, they are unbelievably versatile and delicious.”

Cecilia Antoni, “Bean nicecream”, Germany » page 52

“Legumes are biodiversity par excellence. The colors and scents and their versatility in the kitchen make legumes our favorite ingredient. There is never a shortage of legume dishes on the menu of our restaurant.”

Giulia Tramis, “Ciceri e tria”, Italy » page 32

“Legumes help you prepare simple, everyday dishes that are seasonal and delicious at the same time. They are a link to my childhood, my roots – my mom and grandma. They make me feel connected with my family. My kids like them too, and I hope that one day, they’ll prepare dried red peppers stuffed with beans and walnuts for their own children. That’s how we stay in touch with our roots, wherever we are in the world.”

Mariana Assenova, “Dried red peppers, stuffed with white beans and walnuts”, Bulgaria » page 36



STARTERS

BROAD BEAN JELLY

A traditional winter dish from southeastern Serbia

From Serbia by Mirjana Ostojic



Cultural insight

Bean jelly is a traditional winter dish in southeastern Serbia, which is prepared during the 40-day fast before Christmas. This dish is mainly served on two occasions: for dinner on Christmas Eve, and for lunch on the feast of St. Nicholas, which falls on December 19 in the Orthodox calendar.

Typically, sauerkraut is served on the side.

Ingredients

100 g dried broad beans
1 tsp salt
3–4 garlic cloves
100 ml sunflower oil
1 tsp paprika powder



180 minutes +
1 day



6 servings



broad bean
(Vicia faba)



vegan
gluten-free



2,55 kgCO₂e



Slow Food Serbia

Preparation

1. Soak the broad beans for 12 hours.
2. Drain the soaking water and hull the beans. Immediately place the hulled beans in cold water.
3. Wash the beans, put them in a large pot and cover the beans with cold water.
4. Bring to a boil over medium heat, then reduce the heat and let simmer for 2 hours. Do not turn off the heat until the beans stick to a wooden spoon. Stir the beans until smooth and season with salt.
5. Now brown finely chopped garlic in oil over low heat and add it to the bean puree.

Place everything in a casserole dish or in a large, shallow (2–3 cm) baking sheet and cover the surface with paprika powder.

6. Refrigerate for one day. During this time, the starch of the beans will cause the puree to gel. Before serving, cut the jelly into 2 cm cubes.



VELVETY ARSOLI BEAN CREAM

A modern homage to the traditional combination of beans and bread

From Italy by Gabriella Cinelli

Ingredients

- 2l vegetable broth with cabbage leaves
- 500 g Arsoli beans (or other white beans)
- ½ leek
- 1½ celery stalks
- ½ golden onion
- 4 cabbage leaves
- 1 sprig of rosemary
- 50 ml extra virgin olive oil
- 10 g chopped coriander
- 1 fennel bulb
- 2 bay leaves
- 2 sprigs of thyme

To taste

salt, pepper

Garnish

- 300 g cubed, toasted Khorasan wheat bread (or other sourdough bread)
- 1 sprig of rosemary
- 1 splash of extra virgin olive oil

Preparation

1. Soak the beans for only 4 hours. Soaking also serves to disperse the antiviral substances (e.g. phytic acid) contained in the dried legume. The soaking water, which must be changed at least 1 to 2 times, must not be used for cooking. Salt must not be added during soaking or cooking, as it hardens the skins.
2. To aid digestibility, add digestive spices such as bay leaves, rosemary, sage or fennel during cooking.
3. Traditionally, Arsoli beans are cooked twice.
4. Add the beans to cold water and bring them to a boil for 25 minutes, then drain them and cook in fresh boiling water for another 25 minutes. Salt them lightly during the last 5 minutes of cooking.
5. Brown the finely chopped celery, leek and onion in olive oil, add the beans and stir for 20 minutes while gradually adding the vegetable stock and the boiled cabbage leaves, checking the consistency.
6. Add pepper and salt and, when sufficiently cooked, continue to stir the beans until velvety. Add thyme, fennel and chopped coriander.
7. Serve in a soup plate with a drizzle of olive oil and garnish with toasted bread cubes and a sprig of rosemary in the center.



120 minutes +
soaking time



4 servings



Arsoli bean
(Faseolus
romanus maior)



vegan



4,08 kgCO₂e



Chefs' Alliance,
Presidium

Traditional accompaniment

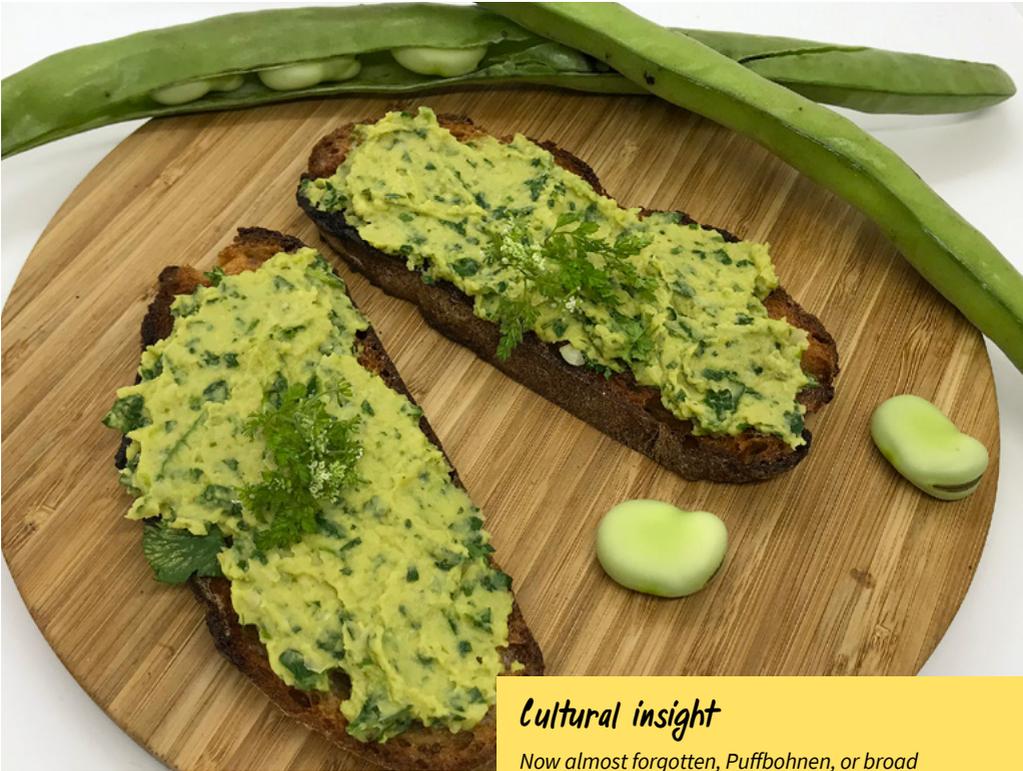
The typical side dish is wild, bitter chicory, which is seared in a pan with garlic, oil and chili to balance the sweetness of the bean.



BROAD BEAN SPREAD

A fresh interpretation of the traditional Erfurt bean

From Erfurt, Germany, by Heike Mohr



Cultural insight

Now almost forgotten, Puffbohnen, or broad beans, used to be a favorite dish in the capital of Thuringia – so much so that the inhabitants came to be referred to as “Puffbohnen” themselves.



10 minutes



4 servings



broad bean
(Vicia faba)



vegan
gluten-free



0,5 kgCO₂e



Slow Food
Weimar-
Thuringia

Ingredients

- 350 g broad beans in a jar
- 1 large garlic clove
- 3 spring onions
- pepper, salt
- 3 sprigs of coriander
- 3 sprigs of parsley
- 1 tsp rapeseed oil
- 1 splash of lemon juice

Preparation

1. Drain the broad beans. Coarsely chop the garlic. Coarsely chop the spring onions. Roughly cut the herbs with scissors.
2. First puree the beans, garlic and spring onions and a little oil, salt and pepper as well as vinegar or lemon juice with a hand blender or in a blending cup.
3. Then add the herbs and blend only briefly so that the green herbs can still be made out. The spread is delicious on dark or white, slightly toasted bread.

FAREWELL AVOCADO – HELLO PEAS!

The vivid green alternative

From Berlin, Germany, by Inés Lauber



10 minutes



4 servings



green pea
(Pisum sativum)



vegan
gluten-free



0,19 kgCO₂e



Chefs' Alliance

Ingredients

250 g fresh or frozen peas

- 1 garlic clove
- 2 tbsp extra virgin olive oil
- 1 tbsp white tahini
- 1 tbsp lemon juice
- ½ tsp cumin, freshly ground
- 2 tsp sea salt

Toppings

your choice of fresh mint leaves, light sesame, black cumin, sumac, olive oil

Preparation

1. Briefly blanch the peas in water. They should still be firm to the bite.
2. Drain water. Set aside 50 g of the peas and puree the remaining 200 g with all the other ingredients until the mixture is smooth, creamy and homogeneous.
3. Arrange the hummus on a flat plate and garnish with olive oil, fresh mint leaves, sesame seeds and black cumin.



Culinary accompaniment

Very tasty with toasted white bread (for example leftovers from the previous day such as ciabatta, pita, flatbread or baguette), but also perfect with raw vegetables or crudités as a starter or quick snack. As a dip or ingredient, the pea hummus is quite versatile: It can be served with roasted vegetables or in a taco or tortilla, and it would also be great in a flatbread with lettuce and feta cheese!

Slow Food note

The continuing popularity of the avocado as a superfood is having severe impacts in producer countries such as Mexico and Chile. The massive cultivation of avocados in monocultures endangers local ecosystems, consumes valuable resources such as water and increases land pressure. All of these factors are also detrimental to social justice. This does not inevitably mean giving up the small green fruit completely, but cutting back consumption to a reasonable degree.

PEA AND TARRAGON SOUP

Traditional Georgian dish in a modern spring dress

From Tbilisi, Georgia, by Natia Montgomery



STARTERS - PAGE 22

Personal insight

Pea soup is a very versatile dish that can be complemented by a wide range of herbs and spices.

On the side, I would suggest freshly baked sourdough bread with a splash of olive oil. Nothing gets your taste buds going better than the aroma of fresh bread.

Legume soups are usually consumed in winter. On the threshold of spring, when it felt like February would never end, I created this dish with the taste of spring. I based it on traditional Georgian pea soups and pepped it up with the first tarragon. Spring is tarragon season, and it invigorates the aroma and flavor of any dish you prepare with it. The Georgian national cuisine is rich in tarragon, and with its slightly minty taste, it makes this soup distinctively Georgian.

Ingredients

- 200 g dried Akhalkalaki peas,
yellow or green
- 4 tsp extra virgin olive oil
- 1 medium onion, finely
chopped
- ½ cup of tarragon,
chopped
- 600–
800 ml vegetable broth,
homemade
- 50 ml half and half cream
and milk
- ½ tsp black pepper
salt to taste
- 20 g pistachios

Garnish

tarragon leaves

Preparation

1. Rinse the peas in a sieve under cold running water and inspect them to remove any small stones or other debris.
2. Place the peas in a medium sized pot and add enough water to cover them. Bring to a boil. Cook for 10 minutes, then drain and return the peas to the pot. Add enough water again to cover the peas. Bring to a boil. Cook on low heat for about 40 minutes until the peas are soft. Drain and set aside.
3. Heat the olive oil in a medium sized pot at medium heat, add the onion and sauté until the onion just becomes translucent. Ensure that the onions do not brown.
4. Put the peas in a blender. Add the sautéed onions and tarragon. Puree everything while adding the broth until smooth and creamy. Put the soup back into the pot and slowly stir in the milk-cream mixture. Bring the soup to a boil again. Season to taste with black pepper and salt.
5. Sprinkle with pistachios and garnish with tarragon leaves. Serve immediately.



60 minutes



4 servings



Akhalkalaki pea
(*Pisum sativum*,
subsp. *transcau-
casicum* Govorov)



gluten-free



2,00 kgCO₂e



Ark of Taste

LENTIL SALAD WITH RED BEET

The gourmet lentil of the Swabian Alb interpreted in a modern way

From Frankfurt am Main, Germany, by Sabine Schäfer



45 minutes



8 servings



lentil
(*Lens culinaris*)



vegan



1,69 kgCO₂e



Presidium

Ingredients

- 4 small red beets, fresh
- 250 g celery
- 1 carrot
- 1 onion
- 200 g lentils (dark, firm cooking)
- 250 ml water
- 1 bay leaf
- salt and pepper to taste
- 1 bunch flat leaf parsley
- 10 ml herb vinegar
- 25 ml rapeseed oil (or another vegetable oil)

Preparation

1. Cook the unpeeled beets whole in salted water until firm to the bite (approx. 30 minutes).
2. Peel and finely dice the the onion, celery and carrot. Brown lightly in oil.
3. Rinse the lentils and add to the onions. Add approx. 250 ml water and the bay leaf and cook until firm to the bite (approx. 30 minutes).
4. Coarsely chop the parsley. Peel the cooked beets or scrape them with a knife. Be sure to wear gloves, or your hands will stay red for a long time. Cut the beets into cubes of about 2 cm. Sear the cubes all over in quality oil, seasoning with salt and pepper.
5. Drain the lentils if the water has not completely evaporated. Mix with salt, pepper, vinegar and oil for a hearty flavor. The salad can be served warm. Serve the lentils sprinkled with the diced beet and parsley.

Tip

This is also delicious topped with goat cream cheese.



Cultural insight

In 2006, seeds of the traditional Späths Alblinse I and Späths Alblinse II varieties were rediscovered in the Vavilov seed bank in St. Petersburg, Russia. Today more than 70 farmers are once again growing lentils on the Swabian Alb, and according to ecological principles. Biodiversity thus abounds in the lentil fields, with countless insects, microorganisms and wild herbs making their homes between the lentils and their supporting grain – usually oats or brewer's barley – the fields teem with life.

MARRIED FAVA (GRASS PEAS WITH CAMELIZED ONIONS)

A culinary insight into prehistoric Europe

From Greece by Sultana Maria Valamoti



Historical knowledge

“Fava” is a term used in modern Greek for purees made from split legumes.

Lathyrus sativus has been cultivated throughout Greece since the Neolithic period and was probably domesticated in the Aegean rather than the Middle East. *Lathyrus ochrus* and *Lathyrus clymenum* have been grown on the Greek islands since the Bronze Age.

On the island of Lemnos, it is said that grass peas go very well with salted fish and *tsipouro*, a spirit similar to Greek grappa. You can also try fava with feta cheese and cooked *horta* (various cooked vegetables and herbs such as dandelion) with olive oil and lemon. Definitely one for regular rotation!

The author is studying the role of culinary traditions in societies of prehistoric Europe as part of the PLANTCULT project. Its research questions include “How did cuisine shape and modify cultural identities in past European societies over time?” For further information please visit: <http://plantcult.web.auth.gr/en/> PLANTCULT received funding from the European Union through the Horizon 2020 research and innovation program in accordance with grant agreement No. 682529.

Preparation

1. Put the peas in a deep saucepan, cover them with water and put them on the stove. Make sure that there is about 4 cm of water above the peas. Bring to a boil, cook for 2–3 minutes and drain.
2. Return the peas to the saucepan together with 1 liter of water and bring to a boil. Reduce the heat and let simmer until the peas have broken down into a mass the consistency of a thick blancmange. During the first 15 minutes of cooking, remove the foam with a large spoon. Add salt to taste halfway through the cooking process.
3. Stir frequently and keep the heat low to prevent sticking. During the final cooking phase, be careful not to get the hot mass on your hands while stirring.
4. The peas will gradually dissolve as you stir them, about 45 minutes after they come to a boil.
5. You may need to add some extra water while cooking if the peas have not dissolved and the water has evaporated.
6. For the caramelized onions: Heat the olive oil in a pan.
7. Add the peeled and very coarsely chopped onions, season with salt and fry over medium heat, stirring regularly, until they take on a nice golden color and a soft consistency. Take care to fry the onions slowly. The onions should be neither seared nor overcooked.
8. Pour the piping-hot fava onto a serving platter and make a slight well in the middle with the back of a spoon. When the onions are ready, place them in and around the well, or top up with extra onions as you serve.

Ingredients

500 g hulled, split grass peas
(Lathyrus sativus, Lathyrus ochrus
or Lathyrus clymenum)
1.5 l water
salt to taste
1 kg onions
125 ml olive oil



60 minutes



6 servings



grass pea
(Lathyrus
sativus/ochrus/
clymenum)



vegan



1,61 kgCO₂e

LEGUME HIGHLIGHTS

Voices from the network

MAIN COURSES – PAGE 28

“It’s my habit to have legume soup twice a week. All you need is a splash of excellent olive oil and a few cubes of toasted bread to turn the soup into a meal fit for a king!”

Marco Simonetti, “Grass pea soup with legume cream”, Italy » page 42

“Legumes are incredibly versatile. In baked goods they provide juiciness, they have binding properties, and the whipped cooking water adds volume to meringues and other mixtures. And they also grow on my doorstep.”

Lea Leimann, “Lemon meringue tartelettes”, Germany » page 48

“Many recipes combine beans with pasta, as in our case, or with bread, as with the bruschette seasoned with oil, salt and pepper, as this is crucial to unlocking the protein resources of the beans, known as the ‘meat of the poor.’”

*Sergio Diotti, “Pasta and borlotti beans”,
Ossteria Savignano, Italy » page 34*

“Legume soups are essentially simple foods that are hearty and nutritious and don’t require a highly skilled cook. Peas are available, affordable, and rich in valuable protein. This dish is wonderfully fresh and healthy and will impress your guests time and again. It has all the soothing aromas and textures and a mood-enhancing color and taste.”

*Natia Montgomery, “Pea and tarragon soup”, Georgia
» page 22*



MAIN COURSES



COCIDO MADRILEÑO

The perfect stew for using up leftovers, especially popular in winter

From Madrid, Spain, by Elia Carceller-Sauras

Ingredients

- 255 g dried chickpeas, soaked overnight
- 460 g cured brisket of beef or silverside in one piece
- 250 g salted pork belly, streaky bacon in one piece or fresh pork belly
- 560 g pork knuckle with some meat
- 600 g beef bones, sawn cross-wise
 - ½ soup chicken
 - 1 pork foot, split
 - 1 garlic clove
 - 2 bay leaves
 - 8 black peppercorns, crushed
 - 2 small onions, studded with 2 cloves
- 750 g Savoy cabbage, quartered
 - 2 carrots in large pieces
 - 2 leeks
- 460 g new potatoes
 - 2 chorizos or other smoked sausages
- 200 g morcilla or blood sausage

Make five out of one

Cocido is a traditional Spanish meal usually served in winter. Up to five different meals can be prepared from it:

1. *Cocido on the first day*
2. *Croquetas (croquettes) with the remaining meat and a béchamel*
3. *Ropa vieja ("old clothes"): The leftovers fried with garlic and onions. A bit of rice can be added.*
4. *Albondigas: Meatballs with leftover meat*
5. *Hummus: By adding enough chickpeas, it can be turned into a very tasty hummus.*

It's the perfect antidote to food waste!



180 minutes



6 servings



chickpea
(Cicer arietinum)



non-dairy



26,22 kgCO₂e



Slow Food Youth
Akademie



Preparation

1. A few hours before cooking, place the cured meat (breast or pork belly, salted pork belly or bacon and pork knuckle) in cold water and let it soak.
2. Choose a large soup pot – with a capacity of at least 6 liters. Put in all of the meat skin-side down, with the beef bone. Put the chicken and pork foot on top. Add the garlic clove, bay leaves and peppercorns and cover with water. Simmer on low heat, removing the foam on the surface.
3. Drain the chickpeas, put them in the pot, cover and simmer on the lowest heat for 1½ hours, checking occasionally. Halfway through the cooking time, add the onions with the cloves. Do not add any other vegetables.
4. Put the potatoes, the quartered cabbage, all the vegetables and all the sausages in a saucepan. If the blood sausage has a plastic skin, remove it. Add water to cover the ingredients, add some salt and bring to a boil. Cover and cook until the potatoes are done.
5. Drain the vegetables and sausages and slice the sausages. Save the broth, and add some pasta if desired. This can be served as a starter.
6. Arrange the vegetables decoratively on a plate and place the sausage slices on top. This can be served before or with the meat.
7. Take the meat out of the soup pot and collect the chickpeas. Remove the marrow from the bones and cut it into the chickpeas. Slice all of the meat. Arrange the meat and the chickpeas on a plate and moisten with a little broth.

CICERI E TRIA (CHICKPEAS AND PASTA)

Traditional festive dish from Apulia in honor of San Guiseppe

From Vernole, Italy, by Giulia Tramis



90 minutes



4 servings



Zollino chickpeas
(Cicer arietinum)



vegan



2,04 kgCO₂e



Chefs' Alliance,
Slow Beans

Preparation

1. Soak the black and white chickpeas in plenty of water and a handful of salt and leave to stand overnight.
2. Drain the water the next morning. Put the chickpeas in a pot. Cover them with fresh water, add the bay leaves, the halved onion and the celery and bring to a boil for about 1 hour. Ensure that everything is covered with water.
3. For the pasta
 - Place the flour on a work surface, make a well and add part of the water in the middle.
 - Start kneading and gradually adding water until you get an easily workable dough that is soft and elastic. The amount of water you need will vary with the texture of the flour. Shape the dough into a ball and let it rest for about 10 minutes.
 - Next, roll out the dough thinly. Cut the dough into strips 5–6 cm long and 1 cm wide.
4. Fry part of the pasta in hot olive oil.
5. Take the chickpeas out of the pot. Halve the onion, cut into small pieces and fry. Also fry some of the chickpeas. Mash some of the chickpeas with a fork, take everything out of the pot and set aside.
6. Use the pot in which the chickpeas were fried to cook the remaining pasta in plenty of salted water. Drain the pasta.
7. Arrange the boiled pasta with the chickpeas and garnish the dish with the fried pasta and ground pepper.

Ingredients

250 g dried black and white
Zollino chickpeas
1 celery stalk
1 onion
bay leaves
Plenty of extra virgin
olive oil for frying, to
taste rock salt, pepper

For the pasta

400 g durum wheat flour
140–
200 ml water



Cultural insights

Wild vegetables are a typical side dish.

The dish was created in Salento for the March 19 celebrations in honor of San Giuseppe. Ciceri e Tria was one of the main dishes made with local produce in order to offer a meal to the poor of the country. The recipe originated in Arab culture, which long influenced southern Italy. Arabs were the first to dry grain and fry it in animal fat so that it could be stored and transported on long journeys through the desert. In addition, hummus with fried dough is a popular dish in the Middle East. Tria probably means “dried dough”.

PASTA AND BORLOTTI BEANS

Traditional autumn dish for multigenerational family meals

From Emilia-Romagna, Italy, by Emanuela Turroni and Sergio Diotti

Personal insight

Our recipe has spanned at least three generations.

It is a family recipe of our cook Emanuela, who carries out the different preparation steps from memory, just as she learned it from her mother Stella or her sister-in-law Oriana, another excellent cook.

It has long been a very common dish, prepared at least weekly between September and November.

For Emanuela, it is strongly connected to memories of her childhood: Grandma Stella and Grandpa Sesto had three children, then many grandchildren and great-grandchildren. Pasta and beans were often prepared in “gigantic” quantities to the delight of the whole family.



90 minutes



4–6 servings



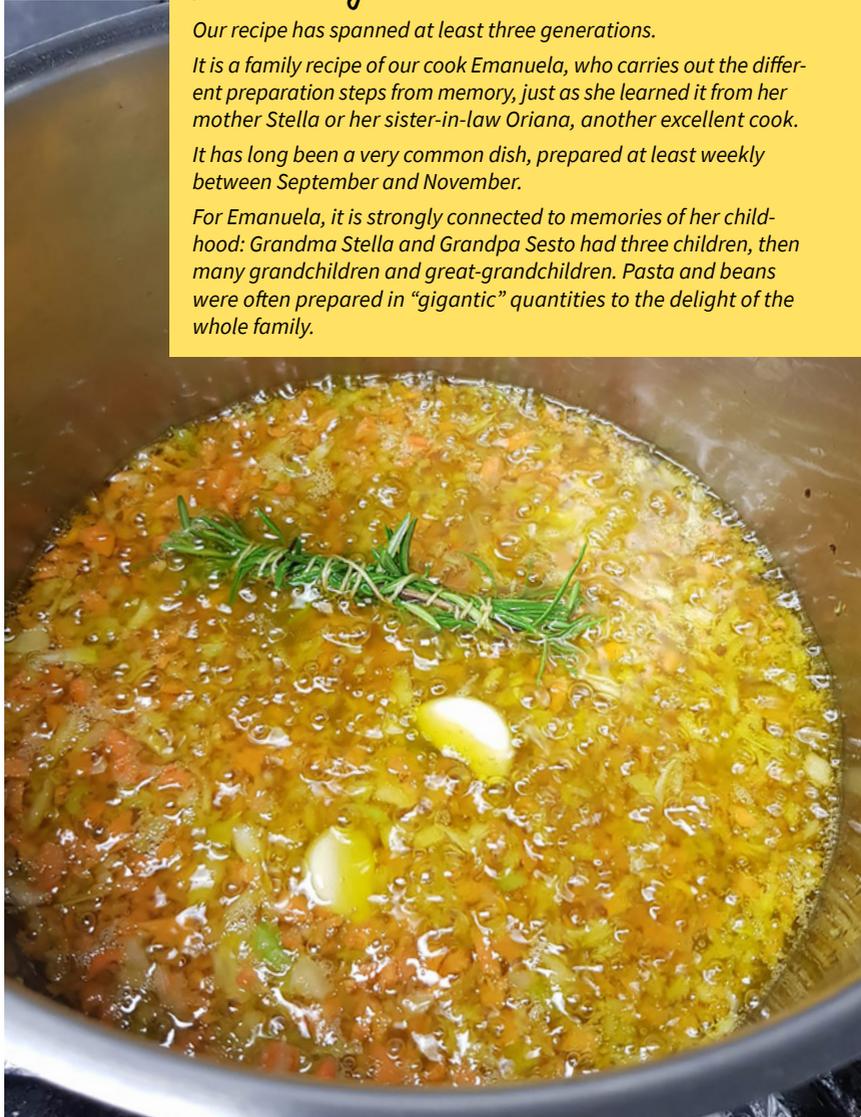
Borlotti beans
(Phaseolus
vulgaris)



3,30 kgCO₂e



Chefs' Alliance



Preparation

1. Boil the beans in 3 liters of water over medium heat (approx. 30 minutes). Add salt at the end of the cooking process.
2. Chop the onion, celery and carrot. Sauté together with a whole garlic clove and bacon (optional). Tie a few sprigs of rosemary and sage into a bundle and add it.
3. Add the strained tomatoes and cook over medium heat for about 14 minutes.
4. Drain the beans, collect the cooking water, strain half and add it to the soffritto – the aromatic sauce base – together with the cooking water. Remove the garlic clove.
5. Pasta Puntarine – fresh egg noodles
 - Place the flour on a clean work surface and make a well in the middle. Place the eggs and salt in the well and gradually mix with the flour using a fork, working from the inside outwards. Knead the mixture for 5 to 10 minutes until you have a smooth dough. Shape the dough into a ball and press it flat with the heel of your hand. Fold it and repeat the process several times. Let the dough rest for 30 minutes at room temperature.
 - Divide the dough in half and roll out approx. 1–2 mm thick. Place the strips of dough on top of each other so that they are approx. 6 cm wide.
 - Cut the dough at a 45° angle, alternating sides to create small triangles.
6. Let the soup simmer for about 20 to 30 minutes, depending on the desired consistency. Add the pasta and whole beans and cook for a few minutes.
7. Parmesan wafers

Spread a tablespoon of parmesan on a piece of parchment paper and heat it in the microwave for 1 minute at 750 watts. Note: roll the wafer up immediately, otherwise it cannot be shaped correctly.
8. Serve in terracotta bowls, with a generous drizzle of olive oil, pepper, parmesan wafers and garnish with a rosemary sprig.

Tip

The most important rule for the success of the pasta is to use good eggs – use the very best you can find!

Ingredients

1 kg fresh borlotti beans
 ½ celery stalk
 1 large carrot
 1 onion
 1 whole garlic clove
 250 g strained tomatoes
 (preferably homemade)
 100 g bacon (optional)
 75 ml extra virgin olive oil
 salt and pepper to taste
 a few sprigs of rosemary and sage

For the pasta

200 g soft wheat flour
 2 eggs (top quality!)
 1 pinch salt

Parmesan wafers

80 g parmesan wafers
 (Parmigiano-Reggiano,
 aged 24 months)

DRIED RED PEPPERS, STUFFED WITH WHITE BEANS AND WALNUTS

One of the seven main dishes at the end of the pre-Christmas fast

From northwestern Bulgaria by Mariana Assenova



120 minutes



4 servings



navy bean
(Phaseolus vulgaris)



vegan



2,49 kgCO₂e



Slow Food
Bulgaria

Personal and cultural insights

This is a winter dish that goes well with other winter salads and side dishes such as pickles, sauerkraut, ljutenica (a kind of chutney), goat cheese or cottage cheese and homemade bread.

Always observe the soaking time to obtain easily digestible beans. I don't recommend substituting fresh or frozen peppers for the dried ones, as this changes the taste completely.

This dish was one of my grandmother's favorites. I can hardly remember a winter in my childhood without the pot in the wood-fired oven and the scent of all the herbs and the slightly burnt ends of the dried red peppers. Cooking the peppers in a wood-fired oven takes the flavor to the next level.

This dish is one of the seven main courses traditionally served on Christmas Eve to break the fast.

According to tradition, an odd number of dishes must be served Christmas Eve, mainly with foods that swell up, so that happiness, joy and health can also "swell".

The other main dishes that are usually served with the red dried peppers stuffed with beans and walnuts are delicate vine tops with grape leaves, sauerkraut, dried fruits, honey and homemade bread.

Ingredients

- 12 dried red peppers
- 350 g dried navy beans (or another type of small white bean)
- 100 g leek
- 100 g red onions
- 100 g walnuts
- 45 g paprika powder (use sweet and hot paprika powder for a spicy flavor)
- 45 g dried mint
- 45 g dried savory
- 45 g dried thyme
- about
- 3tbsp salt
- 50 ml sunflower oil
- 150 ml water

Preparation

1. Soak the beans in lukewarm water in the evening. Change the water after 8–10 hours. Change the water again after 8–10 hours and bring the beans to a boil. Once the water boils and starts to foam, change the water again and cook the beans until they are almost done. Add a little salt 10–15 minutes before the beans are done.
2. Put the dried red peppers in hot water and let them soak for 20–25 minutes so that they become soft and easier to fill.
3. For the filling, first sauté the finely chopped onion and leek in oil. When the onion and leek is ready, add the paprika, salt, and any other dry herbs – mint, savory and thyme. Let the vegetables soften for another 2–3 minutes.
4. Add the drained beans and mash them with a fork. Add some warm water if the filling is too thick. Our goal is to get a smooth bean puree.
5. Chop the walnuts and add them to the filling. Season to taste and add salt or other herbs as desired.
6. Drain the peppers and fill with the finished mixture.
7. Arrange them in a pot, add some oil and water and cover with wet parchment paper to prevent them from burning. Preheat the oven to 180 °C and bake for no longer than half an hour.
8. Turn off the oven, remove the parchment paper and leave the pot in the oven to let the peppers bake and develop a dark crust.

UPDRÖGT BOHNEN

The East Frisian tradition of preserving fresh bush beans

From Langeoog, Germany, by Michael Recktenwald



180 minutes



4 servings



green bush
bean (*Phaseolus
vulgaris*)



gluten-free



7,94 kgCO₂e



Chefs' Alliance

Ingredients

- 250 g Updrögt Bohnen (dried bush beans)
- 2 l water to soak
- 500 ml homemade vegetable broth
- 1 peeled onion
- 250 g streaky, dried bacon
- 4 Mettwurst (smoked beef/pork sausages)
- 500 g potatoes
- 50 g butter

To taste

salt, pepper

Preparation

1. Wash the dried beans thoroughly and break them into small pieces. Soak them overnight in around 2 liters of water.
2. Sauté the onions in butter, add the beans, then cook them for 2.5 to 3 hours with the bacon in the vegetable stock. Add the potatoes and sausages and let them cook for the last 30 minutes.
3. Take out the bacon and sausages and mash the beans and potatoes. Season the dish with salt and pepper.
4. Serve the mashed beans with bacon and sausages.

Cultural insight

Updrögt Bohnen translates as “dried beans”. The ripe, soft-shelled beans are dried on a thin thread – the so-called Bohntjeband – an old form of preservation.

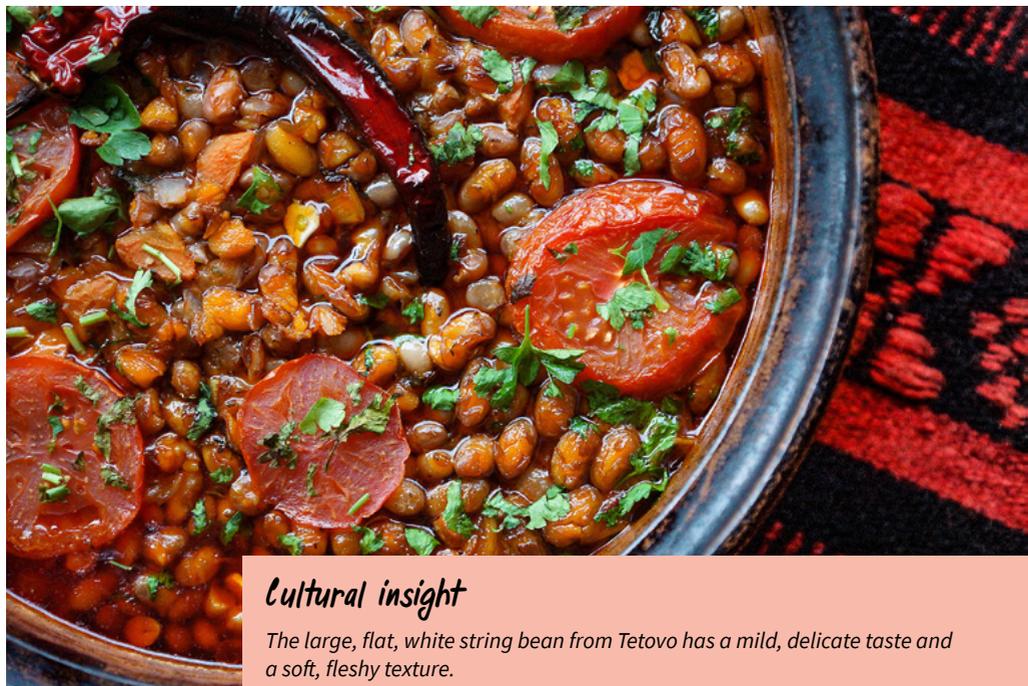
The bush bean itself, Hinrichs Riesen, is a variety with thick pods and intense flavor that has been known since 1889. The bean can be harvested repeatedly until the first frost.



TAVČE GRAVČE (BAKED BEANS)

Traditional weekly Macedonian clay pot dish

From Tetovo, Macedonia, by Nikolce Nikolovski



Cultural insight

The large, flat, white string bean from Tetovo has a mild, delicate taste and a soft, fleshy texture.

Tavče gravče, or Macedonian baked beans, should be dished up hot. They can be served in combination with kjofta, sausage, bacon and ribs or fish.

I recommend coleslaw with this dish. You can add tavče gravče to any dish as a side or serve it as a meal in its own right, with a side salad topped with white sheep cheese and a loaf of crispy bread.

In true Macedonian cuisine, a weekly menu without tavče gravče would be unthinkable. The diversity of bean varieties in Macedonia is very large: Numerous local varieties of beans, peas, yellow or green beans, fava beans and lentils can still be found in the villages. The white beans of Tetovo are the best-known. With their coin shape, the beans represent wealth and growth and thus stand for prosperity.

Tavče gravče literally means “beans cooked in a pan”, the “pan” part being derived from the Turkish word “tava”. The name alludes to the legacy of food preparation in the region, which revolved around open fires: Grilled meat is a continuation of the tradition of communal cooking, with pieces of pork grilled over open coals and stews that simmer for hours and days in clay pots and Dutch ovens.

Preparation

1. Inspect and wash the beans, then put them in a pot of water and leave them to soak overnight so that they soften better.
2. The next day, discard the bean water and refill the pot with fresh water. Put the pot on low heat to cook. Once the pot boils, drain it again, add fresh water to a level about 2-3 fingers above the beans, as well as black pepper and bay leaves. When cooking, pay attention to the level of water in the pot - it should not be too high or low. Once the pot has reached a boil, add hot paprika to help soften the beans a bit further.
3. Put the finely chopped onion in a pan and add a little olive oil. Fry the onion until almost translucent and then add the finely chopped garlic and hot peppers.
4. Place the beans in a clay pot, add the contents of the pan, then season with salt and stir.
5. Put the clay pot in the oven and bake until a lightly colored crust forms. The beans should not be dry. After baking, top with dried mint and garnish with a bunch of fresh mint and fresh parsley.

Ingredients

- 500 g Tetovo white beans (or another white bean variety)
- 1 finely chopped onion
- 1 finely chopped garlic clove
- 1 tsp paprika powder
- 3 tbsp extra virgin olive oil
- 1 pinch salt
- 1 pinch black pepper
- 1 bunch fresh parsley
- 1 bunch fresh mint
- 2-3 bay leaves
- 2-3 hot peppers (Macedonian variety: vezeni piperki)



60 minutes



4 servings



Tetovo white beans (*Phaseolus vulgaris*)



vegan
gluten-free



2,13 kgCO₂e



Slow food
Macedonia

GRASS PEA SOUP WITH LEGUME CREAM

Traditional, typical soup for the Cicerchia festival

From Serra de' Conti, Italy, by Marco Simonetti

Ingredients

- 250 g Serra de' Conti cicerchia (grass peas)
- 150 g beans (cannellini, borlotti) and chickpeas (according to taste)
- 1 l homemade vegetable broth
- 50 g celery
- 50 g carrots
- 50 g diced toast bread
- 2 garlic cloves
- salt and pepper to taste
- 1 tbsp extra virgin olive oil

Preparation

1. Soak each type of legume separately overnight.
2. Dice the vegetables. Boil the grass peas for 45 minutes and leave them in their cooking water. Boil the beans and chickpeas for 1 hour. Blend the beans and chickpeas until you get a cream.
3. Heat the olive oil in a pot, add the vegetables and fry for a few minutes.
4. Drain the grass peas and add them to the pot together with the legume cream and the broth. Continue cooking for 10 minutes.
5. Prepare four bowls by rubbing them with garlic to taste. Serve the soup piping hot and add toasted bread cubes, chives, pepper and a splash of extra virgin olive oil.



70 minutes



4 servings



Serra de' Conti grass peas (*Lathyrus sativus*), chickpeas (*Cicer arietinum*), cannellini and borlotti beans (*Phaseolus vulgaris*)



vegan



4,00 kgCO₂e



Slow Food Italy



Cultural insights and accompaniment

Ideally, this soup should be served in a loaf of bread, as is done in the Serra de' Conti. Take a medium-sized round loaf and cut off the top part so that it can serve as a lid. Remove most of the soft part and drizzle the bottom of the loaf with extra virgin olive oil. Garnish the soup with a drizzle of olive oil, a handful of chopped chives and freshly ground pepper.

The soup is typical of the grass pea festival, which is celebrated every year at the end of November in Serra de' Conti. The grass pea is a legume that has always been considered “poor people’s food” in the tradition of the region, as it was a food for the families of share tenants; it was often grown on marginal land and did not require any special care. It was often used to make soups and was a very important source of protein. After World War II, the grass pea faded from memory and had almost disappeared. About 20 years ago, we saved it from extinction and made it a Slow Food Presidium. Thanks to the work of our cooperative, other companies started to cultivate the pea as well.

LENTIL SOUP WITH DRIED APRICOTS

A traditional Georgian combination of savory and sweet

From Georgia by Georgian villagers © Elkana

MAIN COURSES - PAGE 44



90 minutes



4 servings



lentil
(*Lens culinaris*)



vegetarian,
gluten-free



2,23 kgCO₂e



Slow Food
Georgia



Ingredients

250 g brown lentils
500 ml cold water
50 g dried apricots
1–2 finely chopped onions
40–50 g butter
25 g ground walnuts

To taste

salt, pepper, coriander

Preparation

1. Wash the lentils, pour 500 ml of cold water over them and cook them for 1–1.5 hours.
2. Soak the dried apricots in warm water for 15 minutes.
3. Fry the finely chopped onion and dried apricots in butter.
4. Add to the lentils, then add the ground walnuts. Add salt and pepper to taste.
5. Let the soup cook for 10–15 minutes. Garnish with fresh coriander before serving.

About Elkana

Elkana is an association of farmers working to develop sustainable organic agriculture and strengthen the independence of the rural population of Georgia. More and more native plants are disappearing in Georgia, as elsewhere. Elkana is bringing them and the associated culinary traditions together in a project to keep the memory of old recipes alive.
www.elkana.org.ge

STORIES AND TRADITIONS

Cultural bonds

“In the south [of Macedonia], black-eyed peas symbolize good luck and are traditionally prepared on New Year’s Day.”

Nikolce Nikolovski, “Tavče gravče”, Macedonia » page 40

“A traditional recipe for more than 100 years, it was probably born of the plight of the poorest farmers who could not afford wheat for the classic Neapolitan pasta machine, and who used the product of their land to make a cake for festive occasions.”

*Franca Di Mauro, “Butter bean tart”, Italy
» page 50*

“Many legumes ... are associated with ... culinary traditions. Understanding these traditions helps us appreciate the important role these legumes played in people’s lives and see why communities continued to preserve the seeds for future generations.”

*Catrina Fenton, “Carlin pea snack”, United Kingdom
» page 56*

“After the war, the grass pea faded from memory and had almost disappeared. About 20 years ago, we saved it from extinction and made it a Slow Food Presidium.”

Marco Simonetti, “Grass pea soup with legume cream”, Italy » page 42



DESSERTS

LEMON MERINGUE TARTELETTES

Aquafaba meringue meets fresh, summery acidity

From Cologne, Germany, by Lea Leimann



120 minutes



12 servings



white bean
(Phaseolus
vulgaris)



vegetarian



7,72 kgCO₂e



Slow Food Youth
Deutschland



Aquafaba tip

Using white beans from a jar ensures a more consistent quality. If you cook the beans yourself, it may be necessary to reduce the cooking water further so that it becomes thicker.

Aquafaba and meringues based on it are not really a part of the traditional pastry-making repertoire. A number of blogs can be found online that deal with the topic in great detail. In my experience, the recipe works better on colder days. A food processor is also useful for giving the mixture enough whipping time.

Ingredients

Shortcrust

440 g butter
1 pinch salt
175 g powdered sugar
600 g flour

Lemon cream

280 g sugar
400 ml lemon juice
(about 8 lemons)
100 ml water
65 g starch
400 g white beans,
cooked (jar)
120 g butter
1 pinch turmeric powder

Aquafaba meringue

130 g aquafaba (the cooking
or canning water of
beans)
½ tsp cream of tartar
200 g sugar
5 g agar agar
80 ml water

Garnish

Depending on the season, lemon zest, berries, edible flowers or chopped pistachios

Preparation

1. Shortcrust: Mix the butter, sugar and salt. Add the flour and knead in as briefly as possible. Soft wheat flour will result in a finer dough, but wholemeal flour and spelt flour also work very well.
2. Chill for at least half an hour. Roll out the dough to 3–5 mm, cut out circular shapes and place in the tartelette molds or in a tart mold. Prick the middle with a fork. Bake at 160–170 °C for about 10–25 minutes until golden brown.
3. Lemon cream: Bring the sugar, lemon juice, water and starch to a boil and simmer for a few minutes, stirring to ensure that the starch binds and no longer tastes mealy. Put the drained beans and butter in a measuring cup. Add the hot lemon mixture and puree everything without working in air. Do not use too much turmeric powder for coloring to prevent the turmeric taste from becoming too apparent. Pour the mixture directly into the baked tartelettes and let them cool.
4. Aquafaba meringue
 - Whip the aquafaba – i. e. the liquid from the drained beans – and cream of tartar in a metal bowl for about 10 minutes or until it remains stable.
 - Heat the sugar with water and agar agar to 121 °C and carefully pour it down the edge of the bowl. A metal bowl is recommended to withstand the heat. If you don't have a thermometer: The bubbles will be thicker and heavier and move more slowly when 121 °C is reached. If you use raw cane sugar, the syrup and therefore also the meringue will turn amber, while with table sugar it becomes clear. When pouring the sugar mixture, whip at a lower speed to prevent the sugar from splattering the sides of the bowl. Whip until cold. This can take a few minutes and can mean whipping the mixture for an extended period. The bowl should not be warmer than your hands or the room temperature. Usually it is enough if you just take your time; an ice bath is not necessary then.
5. Put the mixture in a piping bag with a generously-sized tip and apply. You can also brown the mixture with a Bunsen burner.
6. Lemon zest, berries, edible flowers or chopped pistachios are all suitable garnishes, depending on the season. Keep the finished tartelettes in a cool place; do not store them for too long.

BUTTER BEAN TART

Italian cake for festive occasions with a 100-year tradition

From Vico Equense, Italy, by Franca Di Mauro



120 minutes



8 servings



butter bean
(Phaseolus vulgaris)



7,21 kgCO₂e



Chefs' Alliance,
Ark of Taste



Ingredients

Shortcrust

- 400 g soft wheat flour
- 4 egg yolks
- 200 g white sugar
- 200 g lard

Filling

- 300 g ricotta
- 3 egg yolks
- 2 egg whites
- 1 pinch cinnamon
- 200 g sugar
- 3–4 drops neroli (bitter orange blossom) essential oil; alternatively, 5 ml bitter orange (neroli) blossom water
- 60 g candied fruits
- 200 g butter beans, cooked al dente in water with 2 tbsp of white sugar

Preparation

1. Shortcrust: Knead the flour, egg yolk, sugar and lard quickly into a shortcrust dough. Let the dough rest in the refrigerator for at least 30 minutes.
2. Filling: Pass the ricotta cheese through a sieve, mix well with the sugar, add the egg yolks one by one as well as the chopped beans, the cinnamon, the neroli essential oil and the mixture of candied fruits.
3. Whip the egg whites until stiff and fold into the prepared mixture.
4. Roll out the dough and place in a 28 cm dia. tart tin. Spread the filling on top.
5. Remove the excess dough with a knife, roll out and cut into strips to overlap the filling like a net.
6. Bake the butter bean tart for 50 minutes at medium heat (160 °C).



Cultural insight and more

This is a traditional recipe, probably born from the plight of the poorest farmers more than 100 years ago: To save wheat, farmers used legumes growing on their land to make a cake for the holiday season.

You can make your own neroli blossom water: Collect 25 g of bitter orange blossoms, soak in a glass with 100 ml of water for about 24 hours and then filter through a fine sieve.

Bitter orange cream is typically served on the side.

BEAN NICECREAM

Smooth-melting ice cream from leftovers with a unique flavor

From Berlin, Germany, by Cecilia Antoni

Ingredients

- 1 banana
- 30 g cooked white beans
- 50 g frozen fruits according to season and preferences, such as blueberries

Preparation

1. Cut the banana into slices and place in a container in the freezer for at least 5 hours.
2. Blend the frozen banana slices together with the beans and fruit until creamy. Serve immediately!



10 minutes +
freezing time



1 serving



white bean
(Phaseolus
vulgaris)



vegan
gluten-free



1,08 kgCO₂e



beanbeat
food blog

Tip

Very ripe bananas are perfect for freezing and storing for this quick dessert. They provide the special creaminess.



KESSELHEIM SUGAR SORBET WITH SOUR CREAM

The delicate taste of a traditional vegetable as a sweet refreshment

From Bad Ems, Germany, by Detlev Ueter



Cultural insight

The variety is traditionally cultivated in the Koblenz region of Rhineland-Palatinate, Germany, especially in the Koblenz district of Kesselheim and on the island of Niederwerth.

Ingredients

Sugar syrup

100 g white sugar
100 ml water

Sorbet

200 ml sugar syrup
300 g Kesselheim sweet peas,
fresh
200 g sour cream
2 limes (zest and juice)



15 minutes +
cooling and
freezing time



6 servings



Kesselheim
sweet pea
(*Pisum sativum*)



gluten-free



1,41 kgCO₂e



Chefs' Alliance,
Ark of Taste

Preparation

1. Sugar syrup: Bring water and sugar to a boil and allow to cool.
2. Sorbet: Juice the peas using a juicer, or blend them and then pass them through a fine sieve.
3. Mix and freeze the juice of the peas, sugar syrup, sour cream and the lime zest and juice, preferably in an ice cream maker. Alternatively, pour the mixture into a shallow casserole dish and let it cool for 5–6 hours in the freezer, stirring occasionally.

CARLIN PEA SNACK

Classic dry peas from northern England as a traditional holiday snack

From Coventry, UK, by Catrina Fenton



45 minutes



4 servings



Carlin pea
(*Pisum sativum*)



vegan
gluten-free



0,99 kgCO₂e



Ark of Taste

Ingredients

- 200 g Carlin peas (or any other dried, starchy pea)
- 25 g butter
- 10 g brown sugar
- 5 ml vinegar
- 2 pinches of salt
- 1 pinch of pepper

Preparation

1. Soak the dried peas in brine overnight. Rinse before use.
2. Put the soaked Carlin peas in a large pot of boiling, seasoned water. Cook for 30 minutes, or until tender but not too mushy.
3. Heat the butter in a large frying pan. Add the cooked peas to the pan spoon by spoon and fry for 2–3 minutes.
4. Serve with salt and vinegar, or brown sugar (and 1 teaspoon of rum).

Cultural insight

This old round pea dates back to at least Elizabethan times. The protein-rich Carlin pea is a classic dried pea that is still traditionally eaten in northern England on the Sunday before Palm Sunday, known locally as Carlin Sunday.

This dish was traditionally served as a festive snack in its own right, often with rum, beer or mint sauces; sometimes it is also eaten with black bread and butter.



NUTRITIONAL VALUES

Page	Per serving	Energy (kcal)	Fat (g)	of which saturated fats (g)	Protein (g)	Carbohydrates (g)	of which sugar (g)	Dietary fiber (g)	Salt (g)	CO ₂ footprint (kgCO ₂ e)
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Starters

14/15	Broad bean jelly	177.5	16.23	1.78	3.07	7.11	0	2.43	0.8	2.55
16/17	Velvety Arsolli bean cream	587.6	17.31	2.93	26.5	85.11	0	22.15	6.4	4.08
18/19	Broad bean spread	92.5	2.05	0.14	5.47	13.85	0	5.12	1.1	0.5
20/21	Farewell avocado – hello peas!	113.9	6.79	0.94	3.97	10.26	0	3.04	2.0	0.19
22/23	Pea and tarragon soup	255.7	20.96	5.13	5.14	13.03	0	3.2	2.4	2.00
24/25	Lentil salad with red beet	88.6	3.21	0.25	3.33	12.67	0	3.61	0.8	1.69
26/27	Married fava (grass peas with caramelized onions)	521.9	19.99	2.69	25.16	63.05	0	4.5	2.9	1.61

Main courses

30/31	Cocido madrileño (hearty chickpea stew)	1499	96.44	31.55	111.42	42.47	0.42	9.58	5.3	26.22
32/33	Ciceri and tria (chickpeas and pasta)	492.5	8.36	1.29	15.72	95.73	0	19.12	9.3	2.04
34/35	Pasta and borlotti beans	1076.1	29.82	8.82	58.24	149.75	0.2	54.62	4.0	3.30
36/37	Dried red peppers, stuffed with white beans and walnuts	888.8	34.12	3.71	40.43	126.63	0	42.89	0.5	2.49
38/39	Updrögt Bohnen (dried bush beans)	867.8	67.26	25.44	26.57	38.64	0.62	4.78	5.5	7.94
40/41	Tavče grahče (baked beans)	268.8	6.14	0.92	13.91	40.95	0	16.14	0.9	2.13
42/43	Grass pea soup with legume cream	345.1	2.76	0.42	23.74	57.89	0	6.15	2.7	4.00
44/45	Lentil soup with dried apricots	243.9	11.58	5.74	7.56	26.99	0	7.95	2.3	2.23

Desserts

48/49	Lemon meringue tartelettes	830.1	39.87	13.76	8.15	110.74	54.03	5.69	1.3	7.72
50/51	Butter bean tart	787.3	36.07	14.67	14.79	101.26	49.9	0.52	0.2	7.21
52/53	Bean nicecream	78.3	0.26	0.08	2.07	18.33	0	3.57	0.0	1.08
54/55	Kesselheim sugar sorbet with sour cream	156.6	6.54	3.4	2.21	23.76	16.67	1.8	0.0	1.41
56/57	Carlin pea snack	94.2	4.55	3.33	2.6	9.78	2.5	2.31	0.8	0.99



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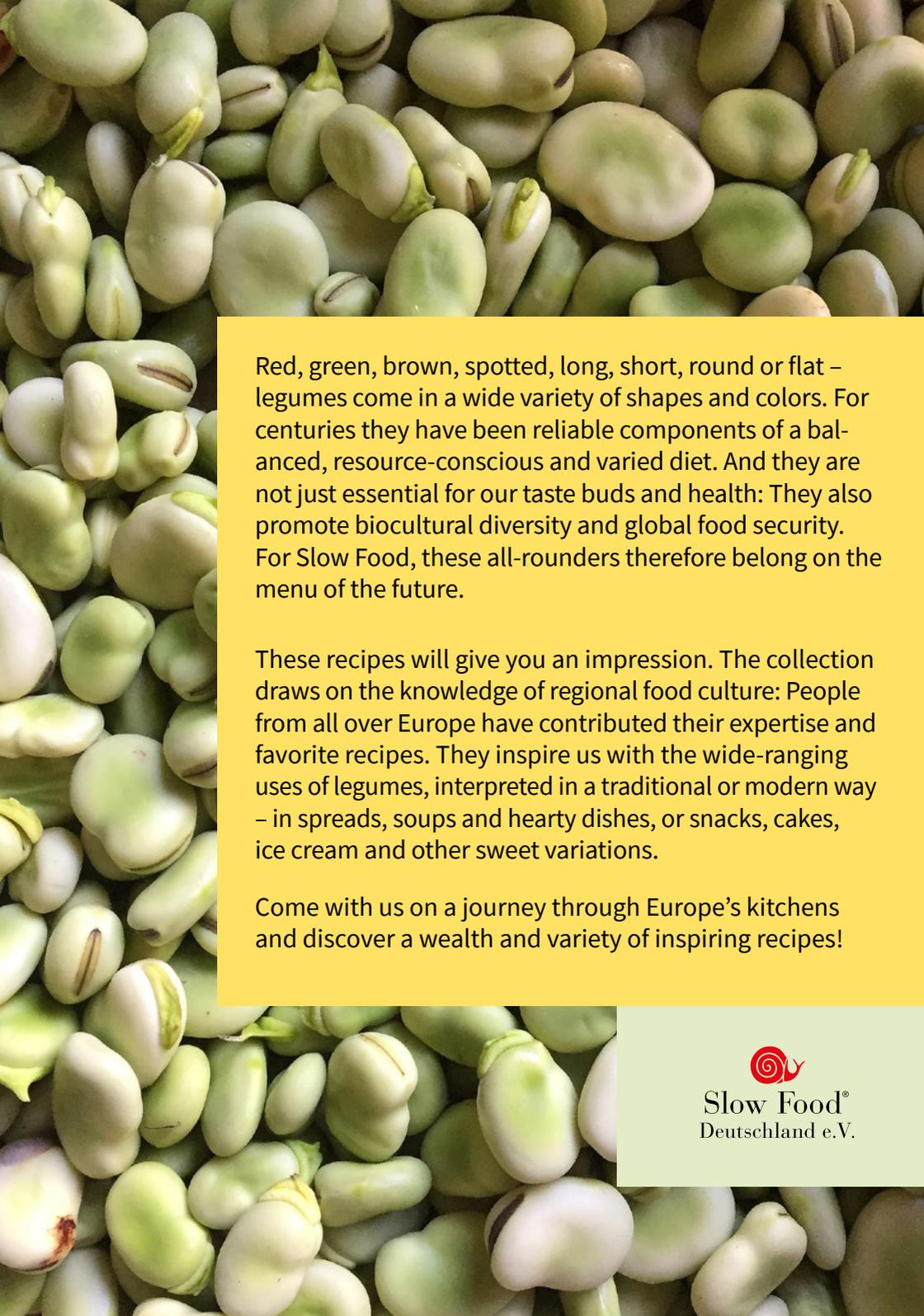
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TRUE
Transition paths to sustainable
legume-based systems in Europe



Red, green, brown, spotted, long, short, round or flat – legumes come in a wide variety of shapes and colors. For centuries they have been reliable components of a balanced, resource-conscious and varied diet. And they are not just essential for our taste buds and health: They also promote biocultural diversity and global food security. For Slow Food, these all-rounders therefore belong on the menu of the future.

These recipes will give you an impression. The collection draws on the knowledge of regional food culture: People from all over Europe have contributed their expertise and favorite recipes. They inspire us with the wide-ranging uses of legumes, interpreted in a traditional or modern way – in spreads, soups and hearty dishes, or snacks, cakes, ice cream and other sweet variations.

Come with us on a journey through Europe's kitchens and discover a wealth and variety of inspiring recipes!



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