Ingredients\n

Lima Beans\n

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Instructions\n

If you blanch beans they will no longer be suitable for sprouting as the blanching kills the germ.\n

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Start by dropping your beans or peas into cold water. The reason for this is you may well have a few pea maggots and they will float out in the water. \n

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Blanch your peas for 3 minutes in boiling water. They will slip through the blanching basket so just drop them straight in and sift them out later.\n

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You do not need to cool them after blanching.\n

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Spread them onto trays to be placed in oven, making sure not to clump them together.\n

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The ideal is to dry at a temperature starting at 120 degrees Fahrenheit and increase the temperature slowly up to 150 degrees Fahrenheit. \n

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The beans and peas are dry when they are quite crisp. Depending on their size, this takes between 2-3 hours. Pack in tightly corked bottles or airtight containers and store in a dry, dark place. \n