

Recipes

August 17, 2020

Black Beans and Pickled Onions

A tasty and simple large meal. Fantastic for meal preps.

Preliminaries:

The night before cooking, begin soaking the beans in a large bowl. This makes the beans more digestible by washing out indigestible starches¹.

Chop one red onion vertically and toss in 1/3 cup of rice wine vinegar, a pinch of salt, and sugar until the solution is just saturated.

Ingredients:

- 1 pound dried black beans
- White / yellow onion
- Red onion
- 1 bell pepper
- 3 jalepeño peppers
- Rice wine vinegar
- Molasses (can be replaced with sugar)
- 2 limes
- Ground cumin
- Dried oregano
- Black Pepper
- Fresh cilantro / coriander
- 1 pound brown rice

Procedure:

Dice white onion, bell pepper, and jalepeños. Sweat in a pan for 10 minutes.

Add soaked beans and cover with water or stock. Grind in black pepper then add oregano and ground cumin. Add 2 tablespoons of molasses or sugar. Cook until slightly past desired texture, as the beans will firm up as they cool.

Begin cooking brown rice at least one hour before beans finish.

Before serving, chop in 1/2 bunch of coriander add rice wine vinegar, lime juice and salt to taste.

Asparagus Pasta

A quick, fresh pasta sauce which can be made while the pasta is cooking.

Ingredients:

- Asparagus bunch
- Olive oil
- White / yellow onion
- Olive oil
- Pasta
- White wine (optional)

Equipment:

- Immersion blender or upright blender

Procedure:

Finely mince white onion. Begin to sauté in olive oil. Chop asparagus into small coins, reserving ends. Add these to pan.

Add pasta to cooking water.

If using, add 1/3 cup of white wine when asparagus and onions are cooked. Allow alcohol to cook off.

Add 1/3 cup of olive oil and transfer to immersion blender. Blend to a purée, adding oil to loosen.

With 2 minutes until the pasta is done cooking, add reserved asparagus ends to cooking water.

Drain pasta, reserving a small amount of water to loosen the sauce, and mix with puréed sauce.

Piadine

A short italian flatbread

¹Hugo Candido Silva and Gilberto Leite Braga (May 1982). "Effect of Soaking and Cooking on the Oligosaccharide Content of Dry Beans (*Phaseolus vulgaris*, L.)". In: *Journal of Food Science* 47.3, pp. 924–925.

Ingredients:

- 20ml oil
- 400g flour
- 200ml water
- 1/4 tsp baking soda

Procedure: Mix ingredients until a soft, smooth dough forms. Knead 5 mins until slightly elastic.

Roll into a ball and let rest 20 mins.

Roll out into flatbreads and cook on a dry hot pan until lightly browned.