

Degassing Beans

The United States Department of Agriculture (USDA) has a Western Regional Research Center stationed in Albany and they've developed a technique to de-gas beans.

Boil a large pot of water, drop dry beans into the pot and let them boil for two minutes. Take it off the heat, cover it and let it sit for one hour. Drain the beans and discard the liquid. Add fresh water and continue cooking until the beans are tender. This process gets rid of 85 percent of the complex carbohydrates that we simply cannot digest. The process also doesn't decrease the nutritional value of the beans. By the way, for the cranberry beans you only need to let them soak for half an hour because they soften up so quickly.