

Baked Butter Beans

One of those heavy metal pans that go both on the stove top and in the oven is good for this.

This dish has been part of our (**English**¹) mixed vegetarian and carnivorous diet for many years.

Serves 4 to 6 portions "stretchable".

Ingredients

90 gm dry weight per person	butter beans
1	medium onion peeled and chopped
2	cloves garlic peeled and chopped
60 gm per person	carrots, peeled and sliced
half stick per person	celery, washed, de-stringed and sliced
25 ml (2 tbsp)	Zaytoun FAIRTRADE olive oil
1 packet	bouquet garni
200 ml or so	vegetable stock
30 ml	tomato puree
30 ml	chopped parsley
to taste	FAIRTRADE ground black pepper
2.5 ml	Fair Trade chilli powder
120 gm	grated Leicester cheese

Add stock to cover by about 1 cm.

Bring to the boil, cover and simmer for 75 minutes until the beans are tender.

Check the liquid level from time to time, (keep the beans covered).

Pre-heat the oven to gas mark 5.

Remove the bouquet garni and add the tomato puree, chopped parsley, and season with sea salt, freshly ground black pepper and a little chilli powder.

Turn the mixture into a greaseproof dish (or just use the one from the cooker top if suitable) and sprinkle with **breadcrumbs**² and grated cheese.

Bake in the oven for about 30 minutes until golden and crisp on top.

To serve

Serve with peas and **boiled potatoes**³.

Method

Soak the beans in cold water overnight, drain and rinse them.

Gently fry the onions, celery, carrots and garlic for a few minutes in the olive oil, and then add the beans and bouquet garni.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²<http://www.fairtradecookbook.org.uk/recipes/breadcrumbs.htm>

³http://www.fairtradecookbook.org.uk/recipes/boiled_potatoes.htm