

Bellringers Beans

This is an **English**¹ dish with **Indian**² tendencies.

Serve with poppadoms and chutneys and maybe a **rice**³ if folks are hungry.

Ingredients

150 gm dry weight	Suma butter beans
100 ml	organic sunflower oil
5 ml	cumin seeds
1	large onion
100 gm	sesame seeds
15 ml	ground coriander
14 oz can	chopped tomatoes
to taste	salt and fresh ground FAIRTRADE black pepper
10 ml	FAIRTRADE raw cane sugar
5 ml	chilli powder
5 ml	FAIRTRADE turmeric
	chopped fresh coriander to garnish
1	FAIRTRADE lemon

Method

Preparation

Soak the dried beans overnight and **cook the beans**⁴ in the usual way.

Skin the onion and chop fairly small.

Grind the sesame seeds either in a coffee grinder or with a **pestle and mortar**⁵.

Measure out all of the other ingredients.

Quarter the lemon.

Cooking

Heat the oil in a saucepan and fry the cumin seeds until they start to pop.

Add the onion and fry until translucent.

Add the ground sesame seeds and fry for 3 minutes approx.

Add the ground coriander and fry for a minute.

Stir in the tomatoes, salt, pepper, sugar, chili powder, and turmeric.

Mix well and cook for another 2 to 3 minutes.

Add the beans and stir gently to ensure the beans are well coated.

To serve

Turn into a serving dish and sprinkle with fresh chopped green herbs to garnish.

Serve with condiments and a lemon quarter for squeezing.

Variations

Cheat, and open a can of pre-cooked beans.

If you are good with chili, use chopped fresh green chili and add to the onion.

For a little more aroma, add a chopped clove of garlic to the onion.

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

²<http://www.fairtradecookbook.org.uk/countries/india.htm>

³<http://www.fairtradecookbook.org.uk/search/search.htm?searchb=rice>

⁴http://www.fairtradecookbook.org.uk/recipes/butter_beans.htm

⁵<http://www.oneworldhull.co.uk/graphics/shop/household/pestle.jpg>