

# Butter Beans in Cider

This a warming, filling (**English**<sup>1</sup>) meal.

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

## Ingredients

60 gm butter beans per person  
1 medium onion per person  
1 clove garlic per person  
110 gm carrots per person  
25 ml sunflower (cooking) oil  
40 ml stock per person  
75 ml cider per person  
1 sachet **Fair Trade** Bouquet Garni  
sea salt  
to taste freshly ground **FAIRTRADE** black pepper

## Then

Heat the oil in a large saucepan and fry the onions and garlic for 5 minutes until well translucent and browning at the edges.

Stir in the carrots and continue to stir fry for 5 minutes.

Add the butter beans, stock, cider, bouquet garni, and seasoning.

Bring to the boil and then cover and transfer to the oven (preheated at Gas Mark 3).

Bake in the oven for 90 minutes.

## To serve

Serve with jacket potatoes and green veg.

## Method

Soak the Butter Beans **overnight** in plenty of cold water.

Discard any beans that are floating, drain and rinse the rest of them.

Cover in cold water in a saucepan and bring to the boil.

Skim off any scum that forms.

Simmer, covered for 90 minutes, testing for tenderness after 60 minutes.

## Meanwhile

Peel and chop the onion.

Peel and crush the garlic.

Peel and slice the carrots.

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