

Full of Beans Salad

A nice variety of flavours and textures is achieved by the mixture of different types of beans.

Whilst ascribed as **English**¹, we are sure that this dish and variants appears in many places.

Ingredients

- 50 g French green beans or dried peas
- 25 g dried haricot beans or cannellini
- 175 g **FAIRTRADE** red kidney beans
- 1 bunch fresh parsley
- 30 ml **FAIRTRADE** Palestinian olive oil
- 15 ml wine vinegar
- salt and **FAIRTRADE** black pepper
- 50 g salad onions
- 50 g gherkins
- 4 sticks celery, chopped

Notes on the ingredients

The exact weights are not important.

Preparation

Soak the peas and beans overnight.

Drain, cover with cold water, bring to the boil in a covered pan and cook fast for 15 minutes, reduce the heat to a simmer and cook for a further 45 - 50 minutes, or until tender.

Drain, and leave covered in cold water. Drain again before use.

Chop the celery into bean sized pieces.

Slice the gherkin small.

Trim unwanted stalks from the celery and chop (using a double handed knife).

Skin the onion and chop small.

Assembly

Mix the parsley, oil, vinegar, salt and pepper well in a large salad bowl, add the remaining ingredients plus the drained beans.

To serve

Toss well before serving.

Serve with hunks of fresh wholemeal or multi-grain bread, and butter.

Variations

Substitute **Fair Trade** black beans (Suma) for the red kidney beans.

Other bean variations are fine.

Substitute chopped spring or french onions for the gherkin.

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