

# Triple Beans Salad

Rose Elliot taught us how to cook beans in "The Bean Book", still available from Amazon but slightly more expensive than the 3.99 that we paid back in that fateful year, 1979. The book is packed with delicious recipes and sound advice, and this recipe is developed from a Rose Elliot original.

These quantities make enough for 4 as a main course meals if accompanied by some **(English)**<sup>1</sup> wholemeal bread and a **green salad**<sup>2</sup> or a few lettuce leaves.

## Ingredients

- 100 g **FAIRTRADE** red kidney beans
- 100 g Suma **FAIRTRADE** black beans
- 100 g chick peas
- 1 green pepper (capsicum)
- 1 red pepper (capsicum)
- 50 g sweetcorn
- 2.5 ml **Fair Trade** chilli powder or **Fair Trade** piri piri powder
- 5 ml **FAIRTRADE** runny honey
- 30 ml wine vinegar
- 60 ml Zaytoun Palestinian **FAIRTRADE** olive oil
- 10 ml **Fair Trade** mixed herbs
- to taste salt and **FAIRTRADE** black pepper

## Method

De-seed and chopped the peppers to bean-sized pieces.

Soak the peas and beans overnight in separate bowls covered in cold water.

If using frozen sweetcorn, weigh it out at the start of cooking the beans and cover in cold water.

To cook the chick peas: drain, rinse, then cover in cold water in a saucepan, bring to the boil, skim off any scum that forms, and then simmer

covered for 90 minutes, testing for tenderness from 60 minutes onwards. When cooked, drain and allow to cool.

To cook the red kidneys: drain, rinse in cold water, then cover with cold water in a saucepan, cover and bring to the boil and cook fast for 15 minutes, reduce the heat to a simmer and cook for a further 60 minutes, or until tender. When cooked, drain and allow to cool.

To cook the black beans: drain, rinse, then cover in cold water in a saucepan, bring to the boil, and then simmer covered for 45 minutes. When cooked, drain and allow to cool.

## To make the dressing:

Mix the mustard and honey with a little of the vinegar, then add the rest of the oil and vinegar and mix.

## To assemble the meal:

Bring the pulses all together in a salad bowl.

Add the pieces of chopped peppers.

Drain the sweetcorn and add to the beans.

Pour the dressing over the beans and peppers and gently toss to cover.

Add the herbs and seasoning and toss once more.

## To serve

Chill before serving.

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

<sup>2</sup>[http://www.fairtradecookbook.org.uk/recipes/green\\_salad.htm](http://www.fairtradecookbook.org.uk/recipes/green_salad.htm)

Goes well with hot garlic bread and some crisp lettuce leaves.

## **Variation**

(High days and holidays) substitute **FAIRTRADE** Brazil Nut Oil for the Olive Oil.