

ALUBIAS

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* BUTIFARRITA AND BEANS *



Terracotta Olla

Tall with gently curved sides an Olla is a traditional bean pot.

- ¼ lb Butifarrita chopped into small bits
- ½ Onion, chopped
- 1 tbs Garlic, minced
- 1 tbs Spanish Sweet (*Dulce*) *Pimentón* (Paprika)
- 2 cups Cooked Spanish *Palmeña* Red Beans

In a 10" cazuela, brown the Butifarrita bits until crisp. Add onion and cook until soft.

Add garlic and cook until the aroma fills the kitchen. Stir in the paprika and add the beans. Bring to a boil, reduce heat and simmer until flavors meld - five minutes.

✦ PORK AND GARBANZO BEANS ✦

This is a great one-dish meal cooked in a cazuela. This is not a scientific dish- you can make a little or a lot, add lots of

seasoning or a little. It was traditionally cooked by field hands in the vineyards over fires of vine pruning. As you can imagine ingredients varied. Serve with a crusty bread for dipping in the sauce and a bottle of Rioja Crianza.

- ½ bottle Red wine
- 4 lb Pork, any cut will do
- 4 cloves Garlic, crushed
- 2 ea Spanish Bay Leaves (*Laurel*)
- 2 tbs Sweet (*Dulce*) Spanish *Pimentón* (Paprika)- substitute 1 tbs Hot (*Picante*) Spanish *Pimentón* if you like food spicy.
- 1 tsp Cumin - preferably seeds you have just crushed in your yellow Valencian mortar
- ¼ cup Olive oil from Spain
- 4 cups Cooked Spanish Garbanzo Beans
- 1 ea Onion, chopped
- 2 cloves Garlic, minced
- 1 jar Piquillo Pepper Strips
- ½ tsp Spanish Sea Salt

Marinate pork in enough red wine to cover, seasoned with crushed garlic cloves, the bay leaves, paprika & cumin for a day. While the meat is marinating, soak the garbanzos overnight & then cook them. Drain the pork, reserving the marinade & cut it into cubes. Heat olive oil in a 32cm cazuela, add pork cubes and brown. Add chopped onion & the minced garlic. Saute until soft. Stir in the reserved marinade, bring to a boil, then add the Piquillo pepper strips. Add cooked garbanzo beans. Heat through. Salt to taste & serve.

* LENTILS WITH CHORIZO SAUSAGE AND RED FINGER PEPPERS *

This summer we were lucky enough to be invited to some wonderful potlucks from pig roasts to birthday celebrations. We ended up taking lentils every time. While there were enumerable pasta salads, we were always the only people to bring lentils. They were always a hit. The recipe evolved over the summer and here is what we ended up with:

- ¼ lb Chorizo, chopped into small bits
- 1 tbs Garlic, minced
- 1 tbs Spanish Sweet (*Dulce*) *Pimentón* (Paprika)
- 1 ea Spanish *Laurel* (Bay) Leaf
- 2 cups Cooked Pardina Lentils
- ½ cup Tomate Frito
- 2 large Red Hot Finger Peppers, rinsed, seeded & chopped.

In a 10" cazuela, brown the chorizo bits in a little olive oil until crisp then add garlic, cook until soft. Stir in the *Pimentón*. Add the lentils, bay leaf & tomato frito. Bring to a boil, thinning with water if needed. Stir in chopped red finger pepper. Heat through. Salt to taste & serve.

† FEIJÃO BRANCO COM LINGÜIÇA †

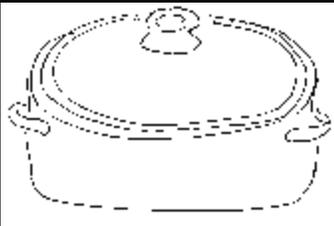
White beans with sausage does not begin to describe the flavors in this thick stew. Pimenta Moida is a wonderful crushed red pepper sauce from the Portuguese Açores Islands which adds a distinct flavor to anything from stew to scrambled eggs.

- 4 tbs Portuguese olive oil
- 1 ea Onion, chopped
- 2 cloves Garlic, minced
- ½ lb Lingüiça (a lean Portuguese-style sausage), sliced
- 1½ tsps La Vera Smoked Spanish *Pimentón* Paprika
- 2 tbs Pimenta Moida
- ¼ cup Tomate Frito
- 4 cups Cooked *Blanca Riñon* White Beans

Saute onion & garlic in olive oil until soft. Add sausage and cook until heated through. Stir in *Pimentón*. Add Pimenta Moida, tomato frito and beans. Simmer for at least twenty minutes. Salt to taste & serve with one of the big, earthy red wines from Portugal.

★ FRIED WHITE BEANS ★

One year we drove all day across southern France then stopped in a village high in the Spanish Pyrenees for lunch in a classic Catalan restaurant. There we enjoyed a lunch of grilled Butifarrita sausages and roasted rabbit with ali oli. Both were served with white beans which had been fried in olive oil. The key to these truly refried beans is to make sure they are dry before dropping them into the hot olive oil. I drain the cooked beans and spread them on a cookie sheet lined with paper towels. Then I fry them in hot olive oil.



Terracotta Cocote
A covered red clay casserole
with tall, straight sides.

SEAFOOD: People do not always think of mixing beans or lentils with seafood, but they should. These savory combinations are at once both familiar to the palate and freshly new. It takes fish, often thought of as a light summer meal, and turns it into hearty comfort food. Here are some recipes inspired by our trips to Spain and Portugal. We also ran into beans and seafood in Cabo Verde where in a small cafe I ordered a rich Feijão Branco Com Mariscos, shrimp, calamare and baby lobster cooked with white beans seasoned

with a little tomato, garlic and paprika. We don't have the recipe, you are on your own: experiment!
- Steve Winston, The Spanish Table

✦ ROUND BEANS AND CLAMS ✦

One of our first employees, Sonia, was from Madrid. When her Dad came to visit the USA, Sonia invited us over and he cooked white beans with clams and saffron. An Asturian recipe from northern Spain, we cook it ourselves using dry *Redonda Manteca* or precooked *Pochas*. You can use either a Paella pan or a cazuela to cook this.

- ¼ cup Spanish Olive Oil
- ½ Onion, chopped
- 4 cloves Garlic minced
- 1 tbs Spanish *Pimentón* (paprika)
- 2 lbs Small steamer clams
- 1 ea Dry Guindilla Pepper
- pinch Saffron (10-12 threads)
- ½ cup White wine
- pinch Spanish Sea Salt
- 2 tbs Parsley
- 4 cups Cooked *Redonda Manteca* white beans or jar of *pochas*.

Place saffron in a small pan with wine. Heat until boils then remove from heat. Saute onions and garlic in olive oil until wilted. Stir in *Pimentón*
Add clams and cover. Shaking the pan occasionally, cook a few minutes until clams open.
Add dry red pepper, salt and the saffron-wine mixture.
Cook another five minutes.
Fold in the beans with their liquid. Thin with water if necessary. Heat through.
Sprinkle with parsley and serve.

* WHITE BEANS WITH PINE NUTS *

For a special side dish, add ½ cup pine nuts sauteed in ¼ cup Spanish olive oil to 4 cups cooked and drained white beans such as *Plancheta*.

❖ HALIBUT BAKED ON A BED OF WHITE BEANS ❖

Here is a simple and unusual dish that has delighted everyone we served it to!

- 2 lbs Halibut Filet, divided into four portions
- 1 Large ripe tomato chopped
- 2 cups Cooked *Plancheta* or *Pocha* white beans.
- 4 cloves Garlic, sliced
- pinch Spanish Sweet (*Dulce*) *Pimentón* (Paprika)
- ¼ cup Olive oil from Spain

Heat olive oil in a large cazuela, add garlic slices and cook until golden brown. Remove and reserve. Add chopped tomato, stir.
Add beans, stir. Place halibut filets on top of beans, topping with the golden garlic slices and a sprinkle of *Pimentón*. Bake in 350° oven until halibut is cooked (15 minutes, depending on thickness of filets).

♥ SALMON AND LENTILS ♥

Angela do Mar's son, Nuno, is a commercial fisherman in Alaska. Every voyage, he hand selects a few perfect salmon to ship to his mother. She gave me one huge fish that I divided in any number of ways. This was my favorite:

- 2 lbs Salmon, divided into four portions, either steaks or filets
- 1 Large onion, chopped
- 4 Cloves garlic, sliced
- pinch Spanish Sweet (*Dulce*) *Pimentón* (paprika)
- 1 tbs Parsley, minced
- 2 cups Cooked *Pardina* Lentils.

Heat olive oil in a large cazuela, add garlic slices and cook until golden brown. Remove and reserve. Add chopped onion, cook until soft.
Add lentils, stir. Place salmon portions on top of lentils, topping with the golden garlic slices and a sprinkle of *Pimentón*. Bake in 350° oven until fish is cooked (15 minutes, depending on thickness). Sprinkle with parsley and serve.

☆ WHITE BEAN TUNA SALAD ☆

In her book, *Mediterranean Cooking* (\$20.00), Paula Wolfert makes a salad of cooked white beans tossed with scallions, parsley, lemon juice and extra virgin olive oil and topped with flakes of Atlantic tuna sprinkled with oregano. Paula serves it at room temperature; we tried tossing the mixture of tuna & beans with steaming fideuá noodles for a hot entree. We used our Ortiz North Atlantic bonita tuna packed in olive oil without draining, and sprinkled *Pebrella* (a special thyme from Alicante) on it for a super supper!

• COOK BOOK: **THE BEAN BIBLE**, Aliza Green's *A Legumaniac's Guide to Lentils, Peas and Every Edible Bean on the Planet!* is the best source of information about beans and bean cuisine we know. Nutritious, tasty recipes & bean facts abound.... **\$18.95**



Cazuela con Tapa
The two pieces of low profile
cazuela con tapa are handmade
with a lip for the loose-fitting lid.