



Wine Authorities' Tuscan White Bean Recipe:

Ingredients:

1 lb dried cannellini beans (cover with cold water and soak overnight in a large pot)
3 large garlic cloves, peeled (don't be shy with the garlic)
1 med. yellow onion, quartered
1 sprig fresh sage
1/2 sprig fresh rosemary
1-2 qt water or we prefer chicken stock for a richer taste
6 T. olive oil
Kosher salt



Procedure:

After soaking beans over night to soften, drain them and place in a crock pot with the garlic, onion, herbs, olive oil and enough water/chicken stock to cover the beans. Cover with a lid and bring to a simmer. Keep beans simmering and add more liquid as need to keep the beans barely covered in liquid. In about 2.5 to 3 hours, taste the beans. If they are completely softened and ready to mash you are nearly done. If still tough, keep on cookin'. When tender, Remove lid to let some extra juice evaporate. When the liquid is about half way up the beans, turn off the crock pot and mash until evenly consistent. Add salt to taste. Spread on crostini or use to thicken soup. Can be stored in a tightly covered container for seven to ten days.

Note about bean cookery: Never add any type of acid to the beans until they are completely tender. Lemon, tomato, wine, etc. will stop the cooking process and the beans will never get tender.