

I love simple recipes. Today I am making an exception to that rule, because my pyramid tastes fantastic, looks wonderful and sounds far more complicated than it is.

Podere Riparbella

Agriturismo ecologico

Agricoltura biologica

58024 Massa Marittima, Italia

T +39 0566 91 55 57

www.riparbella.com

Millefoglie di fagioli zolfini e cavolo nero Little bean pyramid

Ingredients for 1 person For a generous starter we reckon on

120 g cooked beans and 60 g cooked vegetables.

raw that is about 40 g beans and 100 g vegetables.

For a main course double the quantities.

Preparation you need four things: bread, cooked beans, a bean cream and vegetables.

- 1. Bread slices** moisten white bread (amount according to the number of people) under the tap, wrap it in cling film and put it in the fridge for about 8 hours.
- 2. Beans, loose** soak the beans overnight in cold water, pour the water away in the morning, put the beans on with fresh cold water and simmer them gently for about 90 minutes. If you have to top up the water, be sure to use hot water. Drain the beans. They freeze very well loose on a tray!
- 3. Bean cream** briefly sweat olive oil, a crushed garlic clove, a little finely diced tomato and sage leaves cut into strips, then add the pre-cooked beans and a little stock. Let it simmer gently and cook down. Purée it and add enough stock to make a spreadable, well-seasoned cream.
- 4. Vegetables** cook cavolo nero or kale or savoy cabbage in salted water, drain it and cut it into 2 cm strips. Toss it with olive oil, garlic and peperoncino and season, or crumble the meat of a pork sausage, fry it briefly first and then add the vegetable, the garlic and the peperoncino. Alternatively use diced bacon or raw ham.

See the second page for serving

>>>



« Our summer version:
we replace the cabbage with raw,
finely diced tomatoes. »

VERONICA'S TIP:

Our pyramid is at its most Tuscan with fagioli zolfini, the little sulphur beans. They are rare and particularly delicious, but sadly expensive. Cannellini beans work well too. Cavolo nero is typically Tuscan as well: a popular winter vegetable that also goes into thick soups. As an alternative use kale or savoy cabbage.

15

Recipe number fifteen

Podere Riparbella

Agriturismo ecologico

Agricoltura biologica

58024 Massa Marittima, Italia

T +39 0566 91 55 57

www.riparbella.com

« And here it is once more, in brief:
first bean cream, then loose beans,
then vegetables, then toasted, oiled bread
and a little olive oil. »

CONTINUED

BEFORE SERVING:

here too the rule applies: all good things come in fours!

1. Slices of bread:

cut into 5 mm slices. Reckon on 3 halves per person for a starter, or 3 whole ones for a main course.

Lay them on a baking tray, brush them with olive oil and bake at about 200 degrees for 5 – 6 min.
(for 1 – 2 people, toast them and brush them afterwards).

2. Loose beans:

to reheat them, put the beans into boiling, salted water and drain them again. Add salt if needed and mix them carefully with plenty of oil and a little freshly ground black pepper.

3. Bean cream:

reheat it, thinning it with bouillon if necessary.

4. Vegetables:

reheat.

Serving :

layer it on the plates with dessert spoons:

1. Bean cream

2. Loose beans

3. Cabbage with or without sausage

4. A slice of bread

Repeat the whole thing twice.

Finally drizzle the tower generously with oil and serve it quickly!

