



Bean Soup (Fasolatha)

Serves 4-6

Bean Stock

INGREDIENTS

- 1/2 kilo of dried white beans
- 2-3 celery stalks, chopped
- 1 large white onion, cubed
- A bunch of finely chopped parsley
- 2 carrots, finely chopped
- Olive oil as required

METHOD

- Wash beans thoroughly. Soak overnight in a large pot, and/or until they have softened and have doubled in size.
- Rinse soaked beans and place in a large pot filled with cold water. Drizzle a little olive oil over the water so that the beans don't stick whilst cooking. Make sure there is enough water to keep the beans covered, so they will cook uniformly. Allow to cook over a medium flame.
- As the beans come to a soft boil (approx 15 mins into the boil) white foam will appear. Scoop out the foam until there is no foam left.
- Add the onion, carrots and celery and continue to simmer for about an hour on a medium to low flame. While the stock is simmering for an hour it is a good time to begin preparing the sauce. (See ingredients and method below).
- Making sure the ingredients have softened and cooked throughout, add the sauce to the soup, gradually increasing it to a boil (for about 5 minutes). Continue stirring the sauce until all the liquid has combined well with the beans for about 15 minutes.
- Taste the soup to see if all the ingredients have combined properly. Once soup is cooked, drizzle olive oil on top of the Fasolatha and stir combining the oil with the soup. Add the chopped parsley and serve.



- You can serve immediately, or allow to rest for up to 2-3 hours, then serve. Soup will be warm enough and won't need reheating.
- Con recommends to let the Fasolatha rest for a day and as it is best served the following day, allowing time for flavors to be properly absorbed.

Salsa – Sauce

INGREDIENTS

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| • 1 white onion | • 1 tsp of sugar |
| • 1 carrot | • 1 tsp of chilli flakes |
| • 2 red capsicums | • Salt as required |
| • 1 bottle of tomato passata | • Black pepper as required |
| • 1 soup spoon of tomato paste | • Hot red pepper as required |

METHOD

- Finely dice the onion, carrot and cube the capsicums.
- Line an ovenproof frypan with olive oil, and sautee onion until golden brown, on a medium to high flame, adding the capsicums and carrot.
- Cook on a high flame for about 5 minutes or until they have softened.
- Stir in the passata and the tomato paste, add salt, black pepper, red pepper and chilli flakes (as desired) and stir in thoroughly, ensuring the seasonings have combined well with the sauce.
- Continue cooking for about 20 -30 minutes on a medium to high flame. Keep checking on taste and until the ingredients have cooked throughout. Con checks the consistency of the capsicum as an indicator to know that the sauce is ready to be combined with the soup.

