



Carrboro & Southern Village

FARMERS' MARKET

locally grown • nationally known

Recipe of the Week

August 12, 2006

Marinated Giant Lima Beans

from Kelly Clark, Market Staff

There are so many wonderful shell beans in the Market right now, you could use any variety in this recipe...butter beans, Crowder peas, black eye peas...and this recipe is flexible allowing you to increase or decrease ingredients according to your taste and the size of the bean or pea.

Ingredients

2 pints giant lima beans*
1 handful fresh thyme sprigs*
1 carrot*, peeled and chopped into 3 pieces
1 stalk celery, chopped into 3 pieces
1/2 onion*, quartered
1/2 onion*, finely chopped
1 red pepper*, seeded, cut in half
1 green pepper*, seeded, cut in half
1/2 cup soybean or grapeseed oil
1/2 cup extra virgin olive oil
1/4 cup wine vinegar
1/4 cup chopped fresh parsley*
Sea salt
Fresh ground pepper

Procedure:

Rinse the beans and put them in a pot along with the thyme, carrot, celery, the quartered onion, one half of the red pepper and one half on the green pepper. Cover with cold water and simmer until the beans are just tender.

While the beans are cooking, cut the remaining red and green pepper halves into matchstick thin strips about 1/2 inch long. Sauté the chopped onion and peppers in grapeseed oil until tender. Set aside.

When the beans are done, pick out the carrots, celery, pepper halves, onion pieces and thyme sprigs and discard. Drain the beans (this is good liquid, save if you want to use it as a broth), and put them in a bowl large enough to toss with the other ingredients.

Add the onions and peppers, the chopped parsley, the grapeseed oil and olive oil and the wine vinegar. Toss well. Add salt and pepper to taste. Toss again, and correct the seasoning by adding more oil or vinegar as necessary. Let marinate in the refrigerator at least 2 hours.

***Available at the Market**