

BEANS IN FLASK

Ingredients for 4 people

1 kg of fresh white beans or 300 grams of dried beans as you prefer (Cannellini or also the ones from Sorana are good)

1 small branch of sage

1 clove of garlic

½ glass of extra virgin olive oil

salt and pepper

Preparation

The name of the recipe comes from the name of the container, typically a flask of private wine with its own straw protection, which was used for cooking in the old wood-burning ovens or in the chimneys.

If you have an oven or a chimney you can use a flask.

Otherwise you can use a terracotta pan closed with its own lid, using also the stove of the house.

If you have dried beans, make them soak in warm water for at least 12 hours.

Put the beans in the flask, together with sage, crushed garlic, oil, salt and water which is just necessary to cover them.

The flask has to be put straight at the side of the broiled, not directly on the fire. In this way the beans will boil gently and slowly.

Let them cook for about an hour, but I like them better when they are over boiled and so do not be afraid to let them cook more than I suggested. In Tuscany people make the beans cook for three hours, which makes the beans almost a soup.

Serve in terracotta bowl, adding salt and pepper, this last one has obviously to be grinded at the moment and in big grains.

You know that from a dietetic point of view, pulses, together with raw and cooked vegetables, should be eaten every day, obviously paying attention to the calories, while for example the red meats should be eaten once a month.

So do not be afraid of cooking them in big quantity because they are good also when they are cold!!