



ANSON MILLS

Slow-Cooked Purple Cape Beans

Yield

About 2½ cups, serving 4 to 6

Time

Overnight to soak the beans and about 1½ hours to cook

Cooking Remarks

We cooked these beans straightaway without soaking and also after an overnight soak to get a sense of how each method would impact the final taste and texture of the beans. There was no palpable difference except in time spent on the stove—1¼ to 1½ hours if soaked, 2½ hours if unsoaked. The key is a whisper simmer and regular ministrations with a wooden spoon.

Equipment Mise en Place

For this recipe, you will need a heavy-bottomed 3-quart saucepan and a wooden spoon.

Ingredients

3 cups spring or filtered water

7 ounces (1 cup) Anson Mills Purple Cape Beans, covered with water, soaked overnight in the refrigerator, and then drained

½ yellow onion, peeled, cut through root end, and layers left intact

½ carrot, peeled

2 small inner celery ribs, leaves attached

2 large garlic cloves, peeled and halved

1 small Turkish bay leaf

½ teaspoon red pepper flakes, or to taste

Fine sea salt

3 tablespoons of a young, fruit-forward red wine (we used Gigondas)

Directions

1. Bring the water to a simmer over medium-high heat in heavy-bottomed 3-quart saucepan. Stir in the beans, the onion, carrot, celery, garlic, and bay leaf. Return the liquid to a simmer, and then reduce the heat to low. Cover the pan partially and simmer very gently, stirring

occasionally, until the beans are tender and what liquid remains in the pan has thickened slightly, 1¼ to 1½ hours. (If the beans were not soaked, they will require about 2½ hours to become tender; add hot water as needed during simmering to keep the beans just moistened.)

2. Remove and discard the vegetables and bay leaf. Season the beans with the red pepper flakes and salt to taste. Stir in the wine and cook over medium heat until just heated through and the raw taste of wine is gone. Taste for seasoning and serve hot.