

# APRIL RECIPE

RECOMMENDED PAIRING: 2018 VERBENA 'LE POPE' BRUNELLO DI MONTALCINO DOCG

## INGREDIENTS

- 16 ounces (500g) white beans
- 1 each: carrot, onion, celery stalk
- 4 cloves garlic
- 1/3 cup (80 ml) olive oil, divided
- 2 tablespoons (30ml) minced fresh rosemary (or dried)
- 1 tablespoon (15ml) minced fresh thyme (can substitute dried)
- ½ tsp (2.5ml) each: chili pepper flakes, ground black pepper
- ¼ tsp (1.25ml) ground cloves
- 1 bay leaf
- Approx. 12 cups (2.8L) chicken or vegetable stock
- 1 peeled potato, grated then chopped
- Salt and pepper to taste
- Optional toppings: olive oil, 2 TBSP minced fresh parsley, zest + juice from 1/2 lemon, pinch of coarse salt, toasted croutons

## TIME

- Prep Time: 30-40 minutes
- Cook Time: 3-4 hours + 24 hours to soak the beans

## SERVING SIZE: 8



## TUSCAN WHITE BEAN SOUP

*A hearty Tuscan soup is ideal for the cooler months. Start with a charcuterie platter, then serve the soup with crusty bread and a crunchy salad.*

1. Soak beans in a large bowl of cold water overnight. Drain and rinse. Place beans in a stock pot and cover by 3" (7.6 cm) with water. Bring to a boil and boil 1 minute. Drain and rinse. Repeat 2 more times. Set aside. This

process eliminates the starches that cause indigestion from beans.

2. Finely mince carrot, onion, celery and garlic. Add 1.5 TBSP (22.5ml) olive oil to a heavy duty stock pot and warm. Add vegetables and sauté over medium heat to soften (not brown) for 6-8 minutes. Add rosemary, thyme, chili pepper flakes, black pepper, cloves, bay leaf, reserved beans and enough stock to cover the beans by 3" (7.6 cm). Bring to a boil, reduce heat, slightly cover pan, and simmer for 2 hours.

3. Add potato and additional stock as needed. Continue to gently simmer until beans are soft. This can be between 3 to 4 hours of cooking total, depending on age and size of the beans. When tender, remove bay leaf and use a slotted spoon to transfer half the beans to a blender with enough stock to puree. Add puree back to pan, adding stock or water if needed to get the desired thickness. Taste for salt and pepper. Ladle in bowls and serve with or without topping.

Optional Topping: In a small bowl, mix half the remaining olive oil with parsley, lemon juice and zest, and salt. Spoon mixture in center of each bowl of soup. Distribute toasted croutons around parsley then drizzle soup with remaining olive oil.