

48. White Bean Soup. The very small white beans are the best because they taste nicer and need not be strained. After washing the beans put them on the fire in cold water—1 pound of beans for 6 persons—and let

them cook well for $\frac{1}{2}$ hour; pour them on the colander and immediately put them back into the kettle, which has been cleaned in the meantime, with fat or butter and enough boiling water to cover; the beans are cooked until they are tender, being careful to frequently add a dash of boiling water; they must not be stirred very often so that they will remain whole and yet make a good thick soup; they are afterwards salted and reduced with boiling water to make the soup, and once more cooked after a small quantity of meat broth or extract of beef is added. A smoked pork sausage which has first been cooked, or a small piece of smoked ham, according to the opinion of some people, will improve the flavor of the soup, or 5 minutes before serving "Frankfurt" or "Wiener" sausages can be put into it and, if liked; a number of small potatoes which have first been separately cooked. In some German kitchens thyme or majoram are a favorite seasoning for bean soup.

A few tart apples cooked in the soup give it a very pleasant flavor, which can be still further improved by adding a teaspoonful of crab butter before serving.

9. Crab Butter. Take about 20 crabs and stir them in clear water with a small whisk until they are perfectly clean, put on the fire and cook for 5 minutes. Pick the meat from the shells, put all the shells with about 6 tablespoonfuls of butter into a mortar and pound, but not too fine; put on the fire, stirring occasionally until the mass turns to a red color and commences to raise, then add one quart of water, boil and strain into a deep dish through a fine sieve; after cooling, the red butter is ready for use; the remaining liquor can be used for soups, particularly so if the crabs are boiled in beef broth, or extract of beef has been added to the water.

The tails of the crabs can be utilized in the soup or in a stew.

From Praktisches Kochbuch für die Deutschen in
Amerika Henriette Davidis 1879

JOHN WITHEE'S BAKED BEANS

Serves 6-8

1 pound dry Jacob's Cattle, Yellow Eye, or
Soldier beans

1 teaspoon salt

2 tablespoons dry mustard

$\frac{1}{2}$ teaspoon powdered ginger

4 tablespoons blackstrap molasses

$\frac{3}{8}$ to $\frac{1}{2}$ pound smoked bacon

Soak beans overnight. Bring to boil in same water and simmer until tender, $1\frac{1}{2}$ to 2 hours. Season beans with salt, mustard, ginger, and molasses. Put in bean pot with $\frac{1}{4}$ pound of bacon on the bottom and $\frac{1}{8}$ to $\frac{1}{4}$ pound of bacon on top. Cover and bake at 250°F. for 8-10 hours.

BAVARIAN INN'S COCONUT BEAN BAR

CRUST:

Floured baking spray

$\frac{1}{2}$ cup canned navy beans or
great northern beans, drained
and rinsed

$\frac{1}{3}$ cup butter, softened

$\frac{1}{2}$ cup brown sugar

$\frac{3}{4}$ cup all-purpose flour

FILLING:

$\frac{1}{2}$ cup canned navy beans or

great northern beans, drained
and rinsed

2 eggs, beaten

$\frac{1}{2}$ $\frac{3}{4}$ cup sugar

$\frac{1}{2}$ cup walnuts or favorite nuts,
shelled and chopped

1 cup coconut UNSWEET

1 teaspoon vanilla

$\frac{1}{4}$ cup mini chocolate chips

For Crust: Preheat oven to 350.
Spray an 8-by-8-by-2-inch baking dish
with floured baking spray.

In a medium size mixing bowl, blend
beans, butter, brown sugar, and flour.
Press mixture into prepared baking
dish. Bake for 20 minutes.

For filling: In a medium size bowl,
mix beans, eggs, sugar, nuts, coconut,

vanilla and chocolate chips, until well
blended. After crust has baked 20
minutes, remove from oven and im-
mediately pour filling over crust. Bake an
additional 20 to 30 minutes until the
top is golden. Remove from oven and
cool. When completely cool, cut into
two-inch squares. Makes 16 two-inch
squares.

Tested by Jeanne Sarma in the Free Press Tower Kitchen.

Blue Jay's Yummy Bean Soup
Fit For A Hungry Crow Or Other Creatures (Russ Crow's recipe)

Using A 5 quart stainless steel stock pot

Put in the pot 1 gallon of water

add 18 oz of mixed colored beans or any bean of your choice.

I simmer on low heat probaby for about 5 hours. I cook with gas so you may have to judge if you got electric.

At about 1 hour of simmering. I dust the top of the water with some black pepper and mix.

At two hours I dice up one full package of Celery add to the mix.

Also dice up 1 pound of baby carrots

Also dice up 1 very large white or yellow onion.

At about the time the beans still have two and half more hours to simmer I start 5 large boneless skinless chick breasts in my crock pot.

When the beans and veggies are done simmering I add half a jar of it's Better Than Bouillon chicken base. Mix in while the mixture is hot.

Also at the time the beans are done simmering I add 2 & 1/2 cups of French's Worchester Sauce. You may want to add less if 2 & 1/2 cups is too strong for you.

By this time the chicken breasts should be well crocked. I pick them out of the pot with my french fry tongs and place them on a dinner plate to cool until I can handle them comfortably. I then take my butcher knife and shave them little by little across the grain of the muscle breaking up the meat to a fairly fine texture. Of course all the shredded chicken breasts then get mixed in to the beans, veggies, and seasoning mix.

This will usually fill the stock pot almost to the top. I usually eat a bowl of it right away. After it sits in my frig till the next day. It usually gets thicker since the chicken meat absorbs some of the water. I usually thin it out just a little again with the addition of a cup or cup and a half of water.

Fiddle with the mixture to your liking. I have fed this soup to my neighbors and they just love it.

Bon Appetit

Ezekiel bread (recipe from *My Life on the Rock* by Jeff Cavins)

- 2-1/2 cups hard red wheat
- 1-1/2 cups spelt or rye
- 1/2 cup hulled barley
- 1/2 cup millet
- 1/4 cup green lentils
- 2 Tbsp great northern beans
- 2 Tbsp red kidney beans
- 2 Tbsp pinto beans

Stir the above ingredients very well. Grind in flour mill (or blender, if sprouted).

Measure into large bowl:

- 4 cups lukewarm water
- 1 cup honey
- 1/2 cup oil
- 2 Tbsp yeast

Set aside for 3-5 minutes to allow yeast to grow. Add to yeast mixture:

2 tsp salt

Fresh milled flour from above mixture of grains.

Stir until well kneaded, about ten minutes. This is a batter type bread and will not form a smooth ball.

Pour dough into greased pans. You may use two large loaf pans or three medium loaf pans or two 9"x13" pans. Let rise in a warm place for one hour or until the dough is almost to the top of the pan. If it rises too much it will overflow the pan while baking. Bake at 350°F for 45-50 minutes for loaf pans or 35-40 minutes for 9"x13" pans.