

# Not Your Grandma's Butter Beans

When I was growing up Butter Beans, often called Lima beans were rightfully feared. They led the list of most likely vegetable to be snuck into one's napkin. So of course I was intrigued when, Meera Sodha, a favorite recipe developer, offered up this dish of Tomato Rose Harissa Butter Beans. Meera has never steered me wrong, but still Butter Beans?

What I discovered in this adaptation was an entirely new perspective on the humble beans and a perfect weeknight recipe.

## Ingredients

- 7 tbsp extra-virgin olive oil
- 3 shallots peeled and minced
- 1 serrano or chili of your choice, finely chopped
- 4 large tomatoes, chopped or a tin of chopped tomatoes
- 1 tbsp harissa spice blend or harissa paste – I used the blend from the Teeny Tiny Herb Co
- 1 tbsp red-wine vinegar
- Scant  $\frac{1}{4}$  tsp rose water – although this can be omitted it elevated this dish to something special
- $1\frac{1}{2}$  tbsp sun-dried tomato paste
- 2 x 400g tins butter beans, drained saving the liquid or freshly cooked butter beans
- Fine sea salt, to taste
- 15g fresh dill
- 2 tbsp lemon juice (ie, from 1 lemon)

## Directions

1. Put four tablespoons of the oil in a medium saucepan on a medium to high heat and, once it's hot, add the

- shallots and chili, cooking until soft and golden.
2. Stir in tomato paste and harissa powder caramelizing it just a bit and then adding tomatoes, vinegar, rose water and allow to simmer for 10 mins.
  3. Add beans to the mixture and liquid if needed.
  4. Season with salt to taste, remove from heat and allow to sit covered so that flavors can meld.
  5. In a small dish mix lemon juice, fresh dill and a tablespoon or two of olive oil.
  6. Spoon over top of beans when you are ready to serve.

Enjoy!

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## Cauliflower Chaat

Quick to the table and full of flavor this Cauliflower Chaat is a perfect summer dish. Serve it hot or pack it up for a picnic side.

My recipe was inspired by Tejal Rao's Cauliflower Chaat published here. Don't pass on the masala the amchoor (dried mango powder) is critical to the complex blend of flavors that make this dish so special.

## Cauliflower Ingredients

- 3 +/- tablespoons oil, coconut or sunflower work well
- 1 head cauliflower, cut into similar sized florets
- Salt to taste
- 2 teaspoons finely chopped ginger
- 2 teaspoons finely chopped jalapeño pepper
- 1 tablespoon chopped cilantro

- $\frac{1}{2}$  teaspoon lemon juice
- 2 teaspoons chaat masala, Spicewalla offers a nice blend

Blend cauliflower with all above ingredients. Place in a preheated oven, 425 degrees, for approx 25 minutes. Check Cauliflower and remove when it is just fork tender yet still holds it's shape.

I use my small convection oven which is a cooler option in the summer months. This could also be cooked in a cast iron skillet on the stove. I prefer the oven because it is hands off and allows me some time to prepare the sauce.

## Sauce Ingredients

- 1 cup cilantro, stems and leaves
- $\frac{1}{2}$  jalapeño pepper
- $\frac{1}{2}$  small sweet onion or a few small shallots or whatever is on hand
- $\frac{1}{2}$  cup of plant based yoghurt, choose a brand that is quite thick
- Pinch or two of cumin
- 2 teaspoons lemon juice
- Salt and pepper, to taste

Prepare the sauce by placing all ingredients in a small food processor. Purée ingredients until smooth, adding either plant based milk or a bit of water to thin. Taste and adjust seasonings including lemon juice as needed. Season with salt and pepper.

Place cauliflower on a platter, drizzle with this yummy sauce, sprinkle with some chopped or slivered almonds and enjoy!