

SERGIY BURTOVYY
COOKING



GUIDE
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New recipes - Montreal



Butter Bean, Bacon and Parsley Soup

Butter beans, boiled on their own (as I remember them at school) tend to be dull, but they make a good, thick, creamy soup and have the great virtue of being able to absorb other flavours really well.

INGREDIENTS

8 oz (225 g) dried butter beans
4 oz (110 g) smoked streaky bacon, derinded and chopped
3 tablespoons chopped fresh parsley, to serve
2 tablespoons groundnut oil, or other flavourless oil
1 bay leaf
1 oz (25 g) butter
1 onion, finely chopped
1 leek, trimmed, cleaned and finely chopped
2 celery stalks, finely chopped
1 large clove garlic, crushed
about 5 fl oz (150 ml) milk
salt and freshly milled black pepper

First of all, you need to soak the beans overnight in a pan by covering them with cold water, or, using the same amount of cold water, bring them up to the boil, boil for 10 minutes and leave them to soak for 2 hours. Either way, drain the beans.

Now heat 1 tablespoon of the oil in a medium saucepan and cook the bacon in it for 5 minutes or until lightly crisp and golden.

Next, add the bay leaf and 1fl pints (1 litre) water to the pan with the drained beans. Bring to the boil, partially

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cover, and simmer gently for 20-30 minutes or until the beans are tender, skimming off any scum that appears on the surface. Meanwhile, heat the butter and remaining oil in a large saucepan and add the chopped onion, leek and celery. Stir to coat everything with butter and oil, and cook over a low heat for about 10 minutes.

Now tip the bacon, along with the cooked beans and their cooking liquor, into the pan containing the vegetables, discarding the bay leaf. Next, add the garlic, cover and continue simmering for a further 10 minutes or until the beans and vegetables are soft, then mash the beans against the sides of the pan with a large fork to thicken the soup. Now stir in the milk, season with salt and a generous grinding of freshly milled black pepper and stir everything together, before adding the chopped parsley to serve.

This recipe first appeared in *The Delia Collection: Soup*. [Click here to order your copy of the book at a great price!](#)



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VEGETARIAN SHEPHERD'S PIE WITH GOATS' CHEESE MASH

Although I am not a vegetarian, I really love this alternative version to meat, with its diverse combination of dried pulses and fresh vegetables. It's also extremely popular with veggie customers in our restaurant at Norwich City Football Club.

Ingredients

4 oz (110 g) dried black-eyed beans, pre-soaked and drained
3 oz (75 g) green split peas (no need to soak), rinsed
3 oz (75 g) green lentils (no need to soak), rinsed
2 oz (50 g) peeled carrots
2 oz (50 g) peeled swede
2 oz (50 g) peeled celeriac
1 large onion, peeled
1 small green pepper, deseeded
2 oz (50 g) butter, plus a little extra for greasing
8 oz (225 g) tomatoes
1 heaped tablespoon chopped mixed fresh herbs, such as sage, rosemary, thyme and parsley
1/2 level teaspoon ground mace
1/2 level teaspoon ground cayenne pepper
salt and freshly milled black pepper
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For the topping:
4 oz (110 g) soft goats' cheese
1 lb 8 oz (700 g) potatoes, peeled
2 oz (50 g) butter
2 tablespoons milk
1 oz (25 g) Pecorino cheese, grated

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salt and freshly milled black pepper

You will also need a steamer; and a round baking dish with a diameter of 9 inches (23 cm), 2 inches (5 cm) deep, buttered.

You will need to soak and drain the black-eyed beans. To do this, wash them under cold, running water and discard any broken ones. If it is convenient, soak them overnight in 2 pints (1.2 litres) cold water. If you need them today and haven't got time to do this, simply bring them up to the boil (using the same quantity of water), boil for 10 minutes and leave them to soak for two hours before draining.

Now put the drained beans into a saucepan with the split peas and lentils. Add 1/2 pints (725 ml) boiling water and some salt, cover and simmer gently for 50-60 minutes, or until the pulses have absorbed the water and are soft. Then remove them from the heat and mash them just a little with a large fork.

Now pre-heat the oven to gas mark 5, 375°F (190°C), and put the potatoes on to steam. Next, roughly chop all the vegetables, pile the whole lot into a food processor and process until chopped small. Next, melt the butter in a large frying pan over a medium heat, add the vegetables and cook gently for 10-15 minutes, stirring now and then until they're softened and tinged gold at the edges.

Meanwhile, skin the tomatoes. Place them in a heatproof bowl and pour boiling water on to them. After exactly a minute (or 15-30 seconds, if they are small), remove them (protecting your hands with a cloth if the tomatoes are hot), slip off their skins and slice them.

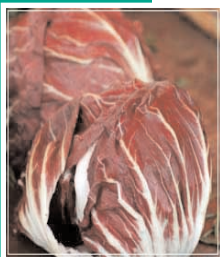
After that, add the vegetables to the pulses mixture, along with the herbs, spices and salt and freshly milled black pepper to taste. Then spoon the mixture into the baking dish and arrange the tomatoes in overlapping slices on the top.

As soon as the potatoes are cooked, place them in a bowl, add the butter, milk and goats' cheese, whisk to a smooth purée, season with salt and freshly milled black pepper and spread the potato over the rest of the ingredients in the dish. Finally, sprinkle over the Pecorino and bake the pie on the top shelf of the oven for 20-25 minutes, or until the top is lightly browned. If you want to prepare this in advance, it will need about 40 minutes in the oven.

This recipe is taken from How to Cook Book Three and Delia's Vegetarian Collection.



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BY BRENDA R. CARLOS

In the heart of central California lies the Salinas Valley. It is known as America's salad bowl because it produces billions of salad greens each year for shipment around the world. One of the least-known "greens" in the Valley and on the produce isle is a versatile redhead called radicchio. Now appearing on restaurant menus across the country, this beautiful bundle of flavor is also known as Italian Chicory.

European chefs, particularly Italian chefs, are accustomed to using this healthy leaf in salads, soups, grilled in side dishes and as part of an entree. A very healthful vegetable, one cup contains only around nine calories, and is full of magnesium, potassium and vitamin A.

Chefs throughout the U.S. are now enjoying the availability and versatility of radicchio with foods that complement its slightly bitter and spicy flavor. Deep, fruity extra virgin olive oil, pungent balsamic vinegar, or savory Gorgonzola cheese are only a few of the foods that pair well with radicchio.

Now that radicchio is being grown in many locations throughout the US (including the noteworthy Salinas Valley), it is gaining in popularity and availability in this country. You can find it in the produce sections of most large grocery stores on a year-round basis. When purchasing, look for dark red leaves with small white veins and choose heads that are tight and firm. Like most vegetables, radicchio should be stored in a plastic bag in the crisper section of the refrigerator.

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At 32° F, radicchio can be held in good condition for two to three weeks, depending on maturity, quality, and handling condition of the radicchio at harvest. It's always best when used within a few days of purchase. If it looks wilted, it can be revived by standing it in a bowl of water where the core will absorb water up into the leaves. You can also simply peel back on of the layers to expose the fresher, crisper interior.

Preparation

You can control the bitterness by soaking the leaves before using. Simply pull off the leaves that you intend to use and soak them in cold water for 10 minutes, then lay on towels to air dry.

Here are a few recipes that show the versatility of this leafy delicacy.



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