

Bellotti Bean Recipe



PREPPING TIME: 1 HOUR

COOKING TIME: 30 MIN

Ingredients:

- 2 cups dried sugar beans (soaked overnight then pre-boiled) or 1 can of Boretti beans
- 2 medium onions, finely chopped
- 3 cloves garlic, minced
- 2 tablespoons vegetable oil
- 2 teaspoons Durban masala or vegetable curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon turmeric
- 1 teaspoon chilli powder (adjust to taste)
- 2 medium tomatoes, chopped
- 1 cinnamon stick
- 2 bay leaves
- Salt to taste
- Fresh coriander leaves for garnish

Instructions:

1. Soak the beans in some warm water for an hour. Rinse well and boil the beans until it is soft and tender. Do not add too much water when boiling the beans. Set aside
2. In a medium pot heat the oil or butter ghee on low to medium heat. Add the cumin seeds and fry until it splutters
3. Add the cinnamon stick, bay leaf, star aniseed and curry leaf together with the onion. Sauté until onion is slightly brown
4. Add the ginger/garlic paste and fry for a minute
5. Add the turmeric, coriander, fennel, masala, and kashmiri chilli powder. Cook for a minute. Add a few drops of water to prevent the spices from burning
6. Add the potatoes and allow it to cook for 2-3 minutes with the spices. Add the pureed tomatoes.
7. Cover and cook until all the liquid dries up
8. Add half cup of water and allow potatoes to cook on a low heat until tender but not fully cooked
9. Add the beans. Season with salt. Add another half cup of water and allow the beans to cook with the potatoes until the potatoes are soft. You can add more water depending on how much gravy you prefer.
10. Garnish with coriander

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