

HOW TO COOK OUR BEANS AND PULSES



Easy pulses

The easiest to cook are our lentils. Neither of our red or French green lentils need soaking, but our other beans should be soaked.

How many beans do I need?

The cooked weight of beans are generally double that of dry weight, so work out how many beans your recipe needs and halve it for the dried weight to soak.

Why should beans be soaked first?

Soaking helps them cook faster, more easily and makes them easier to digest. Adding a pinch of salt helps to break down their skins and cook faster.

How to soak your beans

Place your beans in a bowl, pour water in to rinse your beans. Pour this water out and allow at least 3 times the amount of water to beans. It is recommended to soak over night or for 8 hours. After soaking, pour the water away, remove any loose skins and bits, rinse your beans and they are ready to cook.

Cooking your beans

The table below is your Cooking Guide. It gives you the name of the bean, ratio of beans to water, yield (the increase in weight/size by soaking/cooking) and cooking times in minutes.

Beans	Ratio	Yield	Cook
Black turtle beans	1:3	x 2	90
Cannellini beans	1:3	x 2	90
Red kidney beans	1:3	x 2	90
Butter beans	1:3	x 2.25	60
Chick peas	1:2	x 2.5	90
Red lentils	1:2	x 2	40
French green lentils	1:2	x 2	40

Always check your beans are cooked before eating! They should be lightly soft but not falling apart. Once cooked, empty the surplus water and rinse your beans in hot water.

Your beans are ready.

Storage

You can store your beans in the fridge for several days or freeze them. We recommend freezing them flat, so it is easy to use the amount you want. Make sure they are fully defrosted before using.