

Fried Beans/Benes Yfried (Forme of Cury 189) (Pleyn Delit vol 2 #41)

Take benes and seep hem almost til þey bersten. take and wryng out þer water clene. do þerto Oynouns ysode and ymynced. and garlec þerwith. frye hem in oile. oþer in grece. & do þerto powdour douce. & serue it forth.

2 lbs fresh Fava beans, shelled and boiled until tender or one can (19 oz) Fava or kidney beans
2 onions
2 cloves garlic
olive oil or other cooking fat

if you are using fresh beans, parboil the onions with the beans for a few minutes, then remove them and let them cool while the beans finish cooking. In the case, mince parboiled onions; drain the beans and mix with the onions and garlic. Saute, stirring, about 5 minutes.

Lentil Puree (Libro della cucina del secolo XIV 22-23) (Medieval kitchen #24)

1 pound green lentils (~2 ¼ cups)
water- 4 times the volume of lentils (9 cups)
1 bouquet garni- selection of Parsley, sage, rosemary, thyme, etc
3 Tbsp olive oil
1 Pinch saffron
6 Tbsp grated Parmesan cheese
4 eggs beaten
salt

Over low heat, cook the lentils in 4 times their volume of water with the oil, saffron, and bouquet garni. Add salt when the lentils are done. If a great deal of water remains, drain the lentils. put them through a food mill, crush them in a mortar, or food process.

Mix the beaten eggs with the Parmesan. Reheat the lentils, then remove them from the heat. Add the egg mixture and mix well. The lentils will form a lovely, smooth, firm and very flavourful puree.

One of the few exceptions to our 'only cooking from recipes from northern Europe at demonstrations' rule. This is such a lovely dish for vegetarians we couldn't leave it out.

Chickpeas/Chyches (Forme of Cury 73) (Gode Cookery)

Take chiches and wry hem in ashes all nyzt, oþer lay hem in hoot aymers, at morrowe, waisshe hem in clene water and do hem ouer the fire with clene water. seep hem up and do þerto oyle, garlec, hole saffroun. powdour fort and salt, seep it and messe it forth.

3 cups chickpeas

Cloves of 2 whole garlic bulbs, peeled but left whole

olive oil

½ tsp each pepper and cloves (or season to taste)

pinch Saffron

dash Salt

If using canned peas, rinse well and drain; place chickpeas in a single layer on a baking sheet and roast in a 400 F oven for approx. 45 minutes, turning the peas midway through roasting to evenly cook. Be sure that they are completely cooked through- the texture and aroma will be that of roasted nuts. Remove from oven; place chickpeas in a pot with the garlic cloves; add enough water to come to about ¼ to ½ inch from the top of the peas. Top off with olive oil, adding enough to just cover the peas. Add spices, and bring to a boil; reduce to a simmer, and continue cooking until garlic softens, about 10-15 minutes. Drain well or serve in the broth; serve hot. Serves 6-8

(oven cooking replaces covering the chickpeas in ashes all night or all day or laying them in hot embers.)