LAKE ISLE PRESS

Stewed White Beans

White Fassoulia

Serves 6-8

From "The Bread and Salt Between Us" by Mayada Anjari with Jennifer Sit, Lake Isle Press, 2018

INGREDIENTS

1 pound dried white kidney beans (2 1⁄2 cups), soaked overnight and drained
¼ cup olive oil
¼ cup vegetable oil
1½ pounds stew beef, cut into 1½-inch pieces
1 medium onion, thinly sliced (about 1½ cups)
One 6-ounce can tomato paste (¾cup)
2 large cloves garlic, coarsely chopped
Salt and black pepper

Liz Clayman

PREPARATION

1. In a large pot, combine the beans and enough water to cover by 1 inch. Bring to a boil on high. Reduce the heat to medium-low and simmer for 1 hour. Add 1 cup cold water to the beans, return to a simmer, and cook for 30 minutes more, until the beans are tender.

2. While the beans are simmering, heat the olive and vegetable oils in a large pot or Dutch oven over medium-high until very hot but not yet smoking. Carefully add the beef in one layer and cook for 10 to 13 minutes, stirring occasionally, until lightly browned. Add the onions, stir, and cover. Reduce the heat to medium-low and cook for 10 to 15 minutes, until the onions have softened. Add 5 cups water, increase the heat to high, and bring to a boil. Reduce the heat to medium, cover, and simmer for about 30 minutes, until the beef starts to soften.

3. Add the beans and their cooking liquid. Cover and cook for 45 minutes on medium.

4. Add the tomato paste, garlic, 2 teaspoons salt, and 1 teaspoon pepper and stir until thoroughly combined. Cover and cook on medium-low for 25 to 30 minutes, until the beef is very tender. Season with salt and pepper to taste. Remove from the heat and let stand for 10 to 15 minutes to thicken slightly before serving.