

Marrowfat Beans with Saffron, Porcini and Mint

© Elissa Rubin-Mahon 2008

1 ½ cups Marrowfat beans, soaked in water until plump
1 tsp salt

Pour off soaking liquid and place beans in a heavy saucepan with fresh water to cover. Cook the beans over low heat covered until they are beginning to soften. Add the salt and continue to cook until the beans are tender but firm. Set aside. May be made in advance and refrigerated until ready to use.

3 fresh tomatoes, peeled and chopped (1 ½ cups canned)
2 tablespoons extra virgin olive oil+ more to finish the dish
1 cup chopped yellow onion
½ cup dried porcini, rehydrated plus strained soaking liquid
1/8 teaspoon cayenne
Salt and fresh ground black pepper to taste
Large pinch of saffron threads
Fresh mint cut into chiffonade for garnish

In a large heavy saucepan, sauté the onion in the olive oil until it is transparent. Add the chopped tomato, drained Marrowfat beans (reserve the liquid), and porcini and their soaking liquid. Add the cayenne and black pepper to taste. Cook for about a half an hour, adding the bean cooking liquid if necessary. The dish should be slightly soupy. Taste for salt and adjust and add the saffron threads and cook for an additional 5 minutes. Remove from the heat and finish with a little more extra-virgin olive oil to enrich. Garnish with mint and serve.

Source: