



*Good food for all*

GLASGOW FOOD POLICY PARTNERSHIP

# Bean Cookery Workshop

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## Crispy Spicy Bean Snack (Oven 200oc)



100g Dried or 400g Tin of Chickpeas, Butterbeans and Black Beans

Pinch of Bicarbonate of Soda

60g Rapeseed Oil

1 tsp Smoked Paprika, Cumin and Coriander

Pinch of Salt and chilli powder

1. Soak the beans for 24 hours with a pinch of bicarb and cook in fresh water until tender. Chickpeas and Black beans take 30 minutes, Black Butterbeans 1 hour and 30 minutes. Drain and lie on a tea towel to dry out.
2. Alternatively, use tinned beans by rinsing well and lying out on a tea towel.
3. Line a baking sheet with greaseproof paper and roast for 30 to 45 minutes. The beans should be crispy and slightly coloured
4. Mix the spices, salt and oil and pour over the beans and coat well. Roast for a further 10 minutes and have as a healthy snack or use in soups and salads instead of croutons.
5. These keep in an airtight jar for up to 1 week.

## Fava Bean Hummous

400g tin UK grown Fava beans

6 tbsp tahini (75g)

Juice of 1 lemon

2 tbsp Scottish Rapeseed Oil  
3 cloves garlic, crushed, or according to taste  
Pinch of cumin  
Salt and pepper to taste

1. Drain the fava beans reserving the water and rinse well.
2. Place all the ingredient into a food processor and blend until smooth.
3. Taste and check consistency, add a little bean water (aquafaba) if it's too thick.
4. Chill and serve with vegetable sticks or spread onto your favourite bread.

### Vegetable Sticks

Carrots, Celery, Peppers and Cucumber

### Lentil, Apple and Dried Cranberry Salad



1 cup Green Lentils  
2 cups Water  
1 each Apple

30g Dried cranberries or cherry tomatoes

30g Pumpkin seeds

3 Spring Onions chopped

2 Asparagus spears

1 sticks Celery

50g Feta Cheese (optional)

#### Dressing

15ml Sherry Vinegar

½ tsp Mustard

50ml Rapeseed Oil

Salt and Pepper

1. You can cook lentils without soaking, so wash the dried lentils and drain.
2. Place the lentils and water into a pot and bring to the boil.
3. Cover the pot and place on a low heat and cook for 18-20 minutes until the lentils are tender and all the water has evaporated.
4. Make the dressing by whisking the sherry vinegar, seasoning and mustard together and adding the oil slowly. Add this to lentils as they cool.
5. Slice the asparagus and fry quickly to in a little oil.
6. Chop the apple, celery and spring onions and add to the salad with the cranberries.
7. Toss together lightly and crumble the feta cheese and pumpkin seeds over the top.
8. Serve warm or cold.

## Vegan Burger, Sausage, Meatless Ball (Sausage Rolls)



100g Red Lentils soaked for 3 hours or overnight  
1 Small Onion finely chopped  
2 cloves of Garlic finely chopped  
500g Mixed or one Root Vegetable(s). (I prefer Scottish roots like Beetroot, Carrot and Turnip)  
½ tsp Cumin, Paprika, Fennel and Coriander  
Pinch of Chilli powder  
50g Walnuts or Cashew Nuts (Optional)  
50ml Rapeseed Oil

1. Grate the root vegetables and set aside.
2. Cook the onion and garlic in 25g of oil until sweet and soft. Add the grated vegetables and spices and cook for 3 minutes or until fragrant and tender.
3. Drain the soaked lentils well and puree. This can be done in a cup with a hand blender. Blend, scraping the sides and stirring intermittently. Add a spoonful of the vegetable mix, the nuts if using, and blend again.
4. Mix all the ingredients together thoroughly with a good pinch of salt.
5. Shape into sausages, burgers or meatless balls.
6. Fry gently for 3 minutes on all sides or brush with the remaining oil and grill or barbeque.
7. Serve with your favourite toppings. I like Tatziki – Cucumber and Yogurt Sauce.
8. For sausage rolls, shape the mix into a log and fold in puff pastry and bake for 10 minutes.

## Golden Nuggets



2 cups Yellow Split Peas  
6 cups Water or Stock  
100g Chickpea Flour (Gram Flour)  
100g Cauliflower grated  
100g Coconut Milk or Yogurt  
1 tsp Dijon Mustard

1 small Onion chopped  
1 clove of Garlic crushed  
Salt and White Pepper  
20g Rapeseed Oil

For Frying

50g Rapeseed Oil

1. Fry the onion and garlic in the rapeseed oil until soft and fragrant (3 to 5 minutes).
2. Add the split peas and water and cook 40 minutes without salt.
3. Add the grated cauliflower with the coconut milk and cook for 2 minutes more. a
4. Blend or mash the mixture and add the chickpea flour and mustard. Mix well.
5. Shape into mix into a ball and flatten to about a ½ cm thick and cut into 6 or 8 'pie' wedges
6. Dip the wedges into the chickpea flour and fry gently until golden brown on both sides.
7. Serve hot, warm or cold and dip into the homemade ketchup.

## Tomato and Pomegranate Ketchup



*This recipe is very flexible, experiment with other spices and vinegars.*

400g of Fresh Tomatoes or 400ml Plum Tomatoes roughly chopped  
40g White Wine Vinegar  
40g Brown Sugar  
3 tbs Pomegranate Molasses or Tomato Puree for plain ketchup.  
1 small Onion roughly chopped

2 cloves of Garlic roughly chopped

Pinch of Spices - cinnamon, chilli, coriander and allspice

1. Place all ingredients into heavy bottom pot and simmer gently for 30 minutes or until the ketchup thickens.
2. Blend with a hand blender. Pass through sieve for a smooth ketchup or leave coarse.
3. Keep for up to a month in an airtight container in the fridge.