

BORLOTTI BEAN

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Cooking with ingredients that are in season is the most fundamental rule for chefs who want to serve delicious, nutritious and planet-conscious food. Advocating for a plant based diet is an important step in reducing our impact on the planet. This recipe uses one of my favourite beans.. The Borlotti... These beautiful beans are full of high quality protein which contain all nine essential amino acids we need for healthy body tissue and muscle growth. They are great for digestion, enhance our nervous systems and help maintain a healthy blood pressure. Paired with my most favourite mushroom, the Porcini which holds vitamin A, vitamin C, Calcium and Iron, this recipe is full of goodness and flavour. Topping it off with fennel to help cleanse the body complements the rest of the ingredients and freshens the dish brilliantly. It is hard to create a more delicious, simple, and nutritious dish.



Porcini Mushrooms with Borlotti Beans & Soft Fennel

INGREDIENTS:

3 heads fennel
4 garlic cloves
2 tsp fennel seeds
1 small dried chilli, crushed
3 tbsp extra virgin olive oil
300 g fresh porcini mushroom
3 banana shallots
25 g butter
300 g fresh Borlotti beans, cooked
300 g fresh autumn garden salad leaves, mizuna, radish leaf, rocket, parsley
sea salt & fresh ground black pepper

METHOD:

Trim the fennel, cut the heads in half and then into quarters, and boil with the garlic cloves in a pan of salted water until just soft, about 12 minutes, drain and reserve warm. Toast the fennel seeds in a dry pan, then crush them using a pestle and mortar with the dried chilli and 2 teaspoons of salt. Mix in the olive oil and pour this mixture over the cooked warm fennel. Slice the mushrooms in half and fry them in a pan with the shallots and butter until just soft. Warm up the Borlotti beans and arrange the beans, fennel and mushrooms on a plate with the salad leaves. Serve warm with a drizzle of extra virgin olive oil.

