



Braised Broad Beans with Mint

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2B Ethical

Ingredients

A large handful of broad beans for each person
1 bunch of salad onions
Organic butter or olive oil – depending on diet requirements
Macrobiotic sea salt
Grind of fresh white pepper
Bunch of mint
Fresh biodynamic cream or crème fraiche

Method

Pod beans while gently sautéing sliced onions in oil or butter, with salt and pepper, till translucent.
Add beans, just cover with drinking water or stock and simmer till the bean inside the skin is just cooked (al dente).
Check seasoning.
Add splash of cream when serving or scoop a blob of crème fraiche on top with lashings of washed mint leaves.

Note

Great with lamb chops, Arborio rice, or a bowl on its own.
The skins of the beans add satisfying texture and a depth of flavour.