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UCCE Master Food Preservers of Sacramento County



University of California
Agriculture and Natural Resources

*Sacramento County Master Food Preservers
Special Demonstration Night
June 29, 2021
Get Cooking with Dry Beans*



Resources:

- Please visit the National Center for Home Food Preservation at <http://nchfp.uga.edu> for detailed information about research-based methods of home food preservation.
- UC ANR Catalog (<http://anrcatalog.ucanr.edu>)

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 916-875-6913.

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STORAGE MEHTODS

Source: [Storage Methods - California Beans \(calbeans.org\)](https://calbeans.org/storage-methods)

Dry Bean Storage

Dry beans can be stored for approximately two years in an airtight glass or metal container or resealable bag. It's best to store beans in a cool, dry place (70 degrees or below) and preferably not in the refrigerator.

Cooked Bean Storage

Cooked beans can be stored safely for four days in the refrigerator or up to one year in the freezer. After cooking, rinse beans under cold water, and then pack in an airtight container or freezer bag. Be sure to leave some space in the container for expansion during freezing. Same goes for seasoned beans!

Thawing Tips

Frozen beans should be thawed slowly to help the beans retain their shape. One of the best methods is to thaw overnight in the refrigerator or if you'd like you can let them thaw them at room temperature for several hours. If you're in a rush, beans can be placed in a pan of warm water for about an hour.

SOAKING METHODS

Source: [Soaking Methods - California Beans \(calbeans.org\)](http://calbeans.org)

Hot Soak Method

1. For each pound of dry beans, add 10 cups of hot water. Beans will rehydrate to at least twice their dry size, so be sure to start with a large enough pot. This is contrary to what you might have heard or read other places, but to absorb water more evenly, add up to 2 teaspoons of salt per cup of beans.
2. Bring water to a boil with beans in the water, and boil beans for 2 to 3 minutes.
3. Remove from heat, cover and let beans soak for at least 1 hour.
4. Discard the soak water.
5. Cook to your liking!

Overnight Soaking Method

1. Pour beans into a large bowl, mason jar, or any container where they will have room to grow.
2. Add water, about double the amount of water to beans.
3. Let soak overnight.
4. Discard the soak water.
5. Cook to your liking!

COOKING METHODS

Source: [Cooking Methods - California Beans \(calbeans.org\)](http://calbeans.org)

Stovetop Method

Cooking beans on the stove with your favorite recipe and favorite pot is a timeless way to go. It can take anywhere from 1 to 3 hours to cook beans on the stove and the key is patience. You'll place the beans in the pot, cover with water, and bring the beans to a boil. Once the water is at a boil, you'll want to simmer the beans. If it seems to be taking a long time, you're not doing anything wrong, the beans just need more time. Whatever you do, don't increase the heat because it will just mush up the beans before they actually get cooked through. Once the beans are done serve with your favorite dish and enjoy.

Pressure Cooker Method

Fill the pot with the desired amount of beans and then cover completely with water or stock. To reduce foaming, add 1 tablespoon of oil per cup of beans. Soaked beans will usually cook in 3 to 14 minutes depending on their variety, size and age. If the beans are not done when you open the cooker, finish the job on the stove.

Microwave Method

For soaking, place one pound of beans in a 5-quart glass container and add 8 cups of water. Cover and cook at full power for 8-10 minutes or until boiling. Let stand for one hour or longer, stirring occasionally, and then drain completely and discard water.

To cook the beans, add 6-8 cups of fresh hot water. Cover and cook at full power for 8-10 minutes or until boiling. Then reduce power 50% and cook another 15-20 minutes or until beans are tender. Please note: the microwave is not the preferred cooking or soaking method for beans.

Slow Cooker Method

Slow Cookers are a convenient, and often healthy, way to cook dry beans. However, remember that beans still need to be soaked or boiled prior to cooking in the slow cooker. Cooking in the slow cooker allows for a low slow heat, which is the best for beans.

You'll want to place in the slow cooker, if you're using a 3/12 quart or less, it's best to stick with about 1 pound, for anything bigger 2 pounds should work fine. Once you add the beans to the slow cooker add water that covers the beans about 2 inches and cook for 6 to 8 hours on low. Some varieties cook faster than others so towards the end be sure to check on the beans, so you don't overcook them.

Instant Pot Method

If you have one, Instant Pot is a great way to cook beans and a tremendous time saver. Check out this [Cooking Time Table](#) from Instant Pot on how long to cook your beans.

PRESERVING FOODS: DRIED BEANS

Source: Ball Blue Book

[sp50955driedbeans.pdf \(oregonstate.edu\)](https://www.oregonstate.edu/sp50955driedbeans.pdf)

Canning dried beans:

Select mature, dry beans. Sort and discard any discolored seeds and foreign matter. It will take an average of 5 pounds of dried beans for 7 quarts or 3 ¼ pounds for 9 pints.

Preparing the beans:

Place dried beans in a large pot and cover with water. Soak 12 to 18 hours in a cool place. Drain water. To quickly hydrate beans, you may cover sorted and washed beans with boiling water in a saucepan. Boil 2 minutes, remove from heat, soak 1 hour and drain. Cover beans soaked by either method with fresh water and boil 30 minutes. Add ½ teaspoon of salt per pint or 1 teaspoon per quart to the jar, if desired. Fill jars with beans and cooking water, leaving 1-inch headspace.

Adjust lids and process in a dial pressure canner at 11 pounds OR in weighted gauge canner at 10 pounds pressure: Pints for 75 minutes and Quarts for 90 minutes.

After processing, remove canner from heat and wait until pressure returns to zero. Remove weight or open petcock. Wait 10 minutes. Unfasten the canner lid and remove carefully.

Altitude Adjustment - Dial Gauge
2001-4000 ft. process at 12 pounds
4001-6000 ft. process at 13 pounds
6001-8000 ft. process at 14 pounds

Altitude adjustment - Weighted gauge:
Process at 15 pounds at altitudes above 1000 ft.

Beans, baked

Follow directions above for selecting, sorting and preparing beans for canning.

Procedure:

Soak and boil beans as follows – Sort and wash dry beans. Add 3 cups of water for each cup of dried beans or peas. Boil 2 minutes, remove from heat and soak 1 hour and drain. Heat to boiling in fresh water. Save liquid for making sauce.

Prepare molasses sauce as follows – Mix 4 cups water or cooking liquid from beans, 3 tablespoons dark molasses, 1 tablespoon vinegar, 2 teaspoons salt, and ¼ teaspoon powdered dry mustard. Heat to boiling.

Place seven ¾-inch pieces of pork, ham, or bacon in an earthenware crock, a large casserole, or a pan. Add beans and enough molasses sauce to cover beans. Cover and bake 4 to 5 hours at 350°F. Add water as needed—about every hour.

Fill jars, leaving 1 inch head space. Adjust lids and process in a dial pressure canner at 11 pounds OR in weighted gauge canner at 10 pounds pressure: Pints for 65 minutes and Quarts for 75 minutes. Adjust for altitude using table under canning dried beans.

After processing, remove canner from heat and wait until pressure returns to zero. Remove weight or open petcock. Wait 10 minutes. Unfasten the canner lid and remove carefully.

Beans, dry, with tomato or molasses sauce

Follow directions above for selecting, sorting and preparing beans for canning.

Procedure:

Sort and wash dry beans. Add 3 cups of water for each cup of dried beans or peas. Boil 2 minutes, remove from heat and soak 1 hour and drain. Heat to boiling in fresh water. Save liquid for making sauce. Make your choice of the following:

Tomato Sauce – Version 1

Mix 1 quart tomato juice, 3 tablespoons sugar, 2 teaspoons salt, 1 tablespoon chopped onion, and 1/4 teaspoon each of ground cloves, allspice, mace, and cayenne pepper. Heat to boiling.

Tomato Sauce – Version 2

Mix 1 cup tomato ketchup with 3 cups of cooking liquid from beans. Heat to boiling.

Molasses Sauce

Mix 4 cups water or cooking liquid from beans, 3 tablespoons dark molasses, 1 tablespoon vinegar, 2 teaspoons salt, and 3/4 teaspoon powdered dry mustard. Heat to boiling. Fill jars three-fourths full with hot beans. Add a ¾-inch cube of pork, ham, or bacon to each jar, if desired. Fill jars with heated sauce, leaving 1-inch headspace. Adjust lids and process in a dial pressure canner at 11 pounds OR in weighted gauge canner at 10 pounds pressure: Pints for 65 minutes and Quarts for 75 minutes. Adjust for altitude using table under canning dried beans.

After processing, remove canner from heat and wait until pressure returns to zero. Remove weight or open petcock. Wait 10 minutes. Unfasten the canner lid and remove carefully.

Bean Soup

2 cups dried navy beans (approx. 1 pound)
1 ham hock or ¼ pound salt pork
½ cup chopped onion
½ cup grated carrot
½ hot red pepper, finely chopped (optional)

Put beans in a large sauce pot; add water to 2 inches over the beans. Bring beans to a boil. Simmer 2 minutes. Remove from heat and let soak for 1 hour. Drain. Cover beans with 2 inches of fresh water. Add meat, onion, carrot and pepper and bring to a boil. Cover and simmer for 2 hours or until the beans are just tender. Remove ham hock. Cut meat from bone and cut into small pieces. Return meat to soup. Fill hot jars half full with solid mixture. Add remaining liquid leaving 1-inch head space. Adjust lids, and process in a pressure canner (dial gauge canner 11 pounds pressure OR weighted gauge canner 10 pounds pressure: Pints for 75 minutes and Quarts for 90 minutes. Adjust for altitude using table under canning dried beans.

After processing, remove canner from heat and wait until pressure returns to zero. Remove weight or open petcock. Wait 10 minutes. Unfasten the canner lid and remove carefully.

BEANS OR PEAS – SHELLLED, DRIED: ALL VARIETIES

Source: [National Center for Home Food Preservation | How Do I? Can Vegetables \(uga.edu\)](https://nchfp.uga.edu/how/vegetables/)

Quantity: An average of 5 pounds is needed per canner load of 7 quarts; an average of 3¼ pounds is needed per canner load of 9 pints--an average of ¾ pounds per quart.

Quality: Select mature, dry seeds. Sort out and discard discolored seeds.

Please read [Using Pressure Canners](#) before beginning. If this is your first time canning, it is recommended that you read [Principles of Home Canning](#).

Procedure: Place dried beans or peas in a large pot and cover with water. Soak 12 to 18 hours in a cool place. Drain water. To quickly hydrate beans, you may cover sorted and washed beans with boiling water in a saucepan. Boil 2 minutes, remove from heat, soak 1 hour and drain. Cover beans soaked by either method with fresh water and boil 30 minutes. Add ½ teaspoon of salt per pint or 1 teaspoon per quart to the jar, if desired. Fill jars with beans or peas and cooking water, leaving 1-inch headspace. Adjust lids and process as recommended in [Table 1](#) or [Table 2](#) according to the method of canning used.

Table 1. Recommended process time for **Beans or Peas** in a dial-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints	75 min	11 lb	12 lb	13 lb	14 lb
	Quarts	90	11	12	13	14

Table 2. Recommended process time for **Beans or Peas** in a weighted-gauge pressure canner.

			Canner pressure (PSI) at Altitudes of	
Style of pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	75 min	10 lb	15 lb
	Quarts	90	10	15

BEANS, BAKED

Source: [National Center for Home Food Preservation | How Do I? Can Vegetables \(uga.edu\)](https://nchfp.uga.edu/how/vegetables/)

Quantity: An average of 5 pounds of beans is needed per canner load of 7 quarts; an average of 3¼ pounds is needed per canner load of 9 pints – an average of ¾ pounds per quart.

Quality: Select mature, dry seeds. Sort out and discard discolored seeds.

Please read [Using Pressure Canners](#) before beginning. If this is your first time canning, it is recommended that you read [Principles of Home Canning](#).

Procedure: Soak and boil beans as follows – Sort and wash dry beans. Add 3 cups of water for each cup of dried beans or peas. Boil 2 minutes, remove from heat and soak 1 hour and drain. Heat to boiling in fresh water, and save liquid for making sauce.

Prepare molasses sauce as follows – Mix 4 cups water or cooking liquid from beans, 3 tablespoons dark molasses, 1 tablespoon vinegar, 2 teaspoons salt, and ¾ teaspoon powdered dry mustard. Heat to boiling.

Place seven ¾-inch pieces of pork, ham, or bacon in an earthenware crock, a large casserole, or a pan. Add beans and enough molasses sauce to cover beans. Cover and bake 4 to 5 hours at 350°F. Add water as needed—about every hour.

Fill jars, leaving 1-inch headspace. Adjust lids and process according to the recommendations in [Table 1](#) or [Table 2](#) depending on the method of canning used.

Table 1. Recommended process time for **Beans, Baked** in a dial-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints	65 min	11 lb	12 lb	13 lb	14 lb
	Quarts	75	11	12	13	14

Table 2. Recommended process time for **Beans, Baked** in a weighted-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of	
Style of pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	65 min	10 lb	15 lb
	Quarts	75	10	15

BEANS, DRY, WITH TOMATO OR MOLASSES SAUCE

Source: [National Center for Home Food Preservation | How Do I? Can Vegetables \(uga.edu\)](https://nchfp.uga.edu/how/010/can_veg.html)

Quantity: An average of 5 pounds of beans is needed per canner load of 7 quarts; an average of 3-1/4 pounds is needed per canner load of 9 pints – an average of 3/4 pounds per quart.

Quality: Select mature, dry seeds. Sort out and discard discolored seeds.

Please read [Using Pressure Canners](#) before beginning. If this is your first time canning, it is recommended that you read [Principles of Home Canning](#).

Procedure: Sort and wash dry beans. Add 3 cups of water for each cup of dried beans or peas. Boil 2 minutes, remove from heat and soak 1 hour and drain. Heat to boiling in fresh water, and save liquid for making sauce. Make your choice of the following sauces:

Tomato Sauce – Version 1: Mix 1 quart tomato juice, 3 tablespoons sugar, 2 teaspoons salt, 1 tablespoon chopped onion, and 1/4 teaspoon each of ground cloves, allspice, mace, and cayenne pepper. Heat to boiling.

Tomato Sauce – Version 2: Mix 1 cup tomato ketchup with 3 cups of cooking liquid from beans. Heat to boiling.

Molasses Sauce – Mix 4 cups water or cooking liquid from beans, 3 tablespoons dark molasses, 1 tablespoon vinegar, 2 teaspoons salt, and 3/4 teaspoon powdered dry mustard. Heat to boiling.

Fill jars three-fourths full with hot beans. Add a 3/4-inch cube of pork, ham, or bacon to each jar, if desired. Fill jars with heated sauce, leaving 1-inch headspace.

Adjust lids and process following the recommendations in [Table 1](#) or [Table 2](#) according to the method of canning used.

Table 1. Recommended process time for **Beans, Dry, with Tomato or Molasses Sauce** in a dial-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints	65 min	11 lb	12 lb	13 lb	14 lb
	Quarts	75	11	12	13	14

Table 2. Recommended process time for **Beans, Dry, with Tomato or Molasses Sauce** in a weighted-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of	
Style of pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	65 min	10 lb	15 lb
	Quarts	75	10	15

BEANS, FRESH LIMA – SHELLED

Source: [National Center for Home Food Preservation | How Do I? Can Vegetables \(uga.edu\)](https://nchfp.uga.edu/how/vegetables/canning/)

Quantity: An average of 28 pounds is needed per canner load of 7 quarts; an average of 18 pounds is needed per canner load of 9 pints. A bushel weighs 32 pounds and yields 6 to 10 quarts – an average of 4 pounds per quart.

Quality: Select well-filled pods with green seeds. Discard insect-damaged and diseased seeds. Please read [Using Pressure Canners](#) before beginning. If this is your first time canning, it is recommended that you read [Principles of Home Canning](#).

Procedure: Shell beans and wash thoroughly.

Hot pack – Cover beans with boiling water and heat to boil. Fill jars loosely, leaving 1-inch headspace.

Raw pack – Fill jars with raw beans. Do not press or shake down.

Small beans – leave 1-inch of headspace for pints and 1-1/2 inches for quarts.

Large beans – leave 1-inch of headspace for pints and 1-1/4 inches for quarts.

Add 1 teaspoon of salt per quart to the jar, if desired. Add boiling water, leaving the same headspace listed above.

Adjust lids and process using the recommendations in [Table 1](#) or [Table 2](#) according to the method of canning used.

Table 1. Recommended process time for **Lima Beans** in a dial-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot and Raw	Pints	40 min	11 lb	12 lb	13 lb	14 lb
	Quarts	50	11	12	13	14

Table 2. Recommended process time for **Lima Beans** in a weighted-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot and Raw	Pints	40 min	10 lb	15 lb
	Quarts	50	10	15

BEANS, SNAP AND ITALIAN – PIECES, GREEN AND WAX

Source: [National Center for Home Food Preservation | How Do I? Can Vegetables \(uga.edu\)](https://nchfp.uga.edu/how/vegetables/)

Quantity: An average of 14 pounds is needed per canner load of 7 quarts; an average of 9 pounds is needed per canner load of 9 pints. A bushel weighs 30 pounds and yields 12 to 20 quarts – an average of 2 pounds per quart.

Quality: Select filled but tender, crisp pods. Remove and discard diseased and rusty pods. Please read [Using Pressure Canners](#) before beginning. If this is your first time canning, it is recommended that you read [Principles of Home Canning](#).

Procedure: Wash beans and trim ends. Leave whole or cut or snap into 1-inch pieces.

Hot pack –Cover with boiling water; boil 5 minutes. Fill jars loosely with beans, leaving 1-inch headspace. Add 1 teaspoon of canning salt per quart to the jar, if desired. Cover beans with hot cooking liquid, leaving 1-inch headspace.

Raw pack – Fill jars tightly with raw beans, leaving 1-inch headspace. Add 1 teaspoon of canning salt per quart to the jar, if desired. Add boiling water, leaving 1-inch headspace.

Adjust lids and process in a pressure canner following the recommendations in [Table 1](#) or [Table 2](#) according to the type of canner being used. (There is no safe option for processing green beans in a boiling water canner.)

Table 1. Recommended process time for **Snap and Italian Beans** in a dial-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot and Raw	Pints	20 min	11 lb	12 lb	13 lb	14 lb
	Quarts	25	11	12	13	14

Table 2. Recommended process time for **Snap and Italian Beans** in a weighted-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot and Raw	Pints	20 min	10 lb	15 lb
	Quarts	25	10	15

HUMMAS

Source: adapted from The Moosewood Cookbook by Molly Katzen.

Ingredients:

- 1 1/2 cups of raw chickpeas, cooked until they are very soft
(this is 1 quart of pressure canned chickpeas, or 3 cups cooked)
- 3 medium cloves of garlic
- 1 1/2 tsp. salt
- 1 Tbsp. tamari (or soy sauce), optional but tasty
- 1/2 cup of lemon juice
- 3/4 cup tahini
- 2 Tbsp. finely chopped parsley
- 3 Tbsp. chopped onions
- 1/4 cup of olive oil, the best you have

Combine all ingredients and mash thoroughly or run through a food processor. Other than the chickpeas and tahini you can alter the ingredients to suit your taste. Mashing makes a thick hummus with a lot of texture (chunks). The food processor will make it smooth and uniform.

You can leave the onions and parsley out and use them as a garnish if you prefer.

A sprinkling of cayenne and/or black pepper, and some sesame oil makes a lovely presentation.

SOCCA (FARINATA)

Source: <https://cooking.nytimes.com/recipes/1014757-socca-farinata>

YIELD 4 to 6 appetizer servings

TIME 45 minutes

This is essentially a large chickpea pancake from Provence (and neighboring Liguria, where it's called farinata). It's traditionally cooked in wood ovens on copper disks, roughly cut and served hot or warm. (In the main market in Nice, it's baked a few hundred yards away and delivered by bicycle, to be wrapped in paper and eaten on the street.) If you have no wood or copper, that's no problem. They're nearly as great in a skillet or in a pizza pan in your oven, and totally foolproof.

INGREDIENTS

1 cup chickpea flour

1 teaspoon salt

1 teaspoon freshly ground black pepper

4 to 6 tablespoons olive oil ½ large onion, thinly sliced 2 teaspoons chopped fresh rosemary

PREPARATION

Step 1 Heat the oven to 450. Put a well-seasoned or nonstick 12-inch pizza pan or cast-iron skillet in oven. (If you have a socca pan, obviously that will work well also.)

Step 2 Put the chickpea flour in a bowl; add the salt and pepper. Slowly add 1 cup lukewarm water, whisking to eliminate lumps. Stir in 2 tablespoons olive oil. Cover and let sit while the oven heats, or for as long as 12 hours. The batter should be about the consistency of heavy cream.

Step 3 Remove the pan, pour 2 tablespoons of the oil into it and swirl. Add the onions return the pan to the oven and cook, stirring once or twice, until they're well browned, 6 to 8 minutes. Stir in the rosemary. Stir the onions and rosemary into the batter, then immediately pour the batter into the pan. Bake for 10 to 15 minutes, or until the pancake is firm and the edges set.

Step 4 Heat the broiler and brush the top of the pancake with 1 or 2 tablespoons of oil if it looks dry. Set the pancake a few inches away from the broiler, and cook just long enough to brown it in spots. Cut it into wedges, and serve hot or warm.

SANTA FE CHICKEN CHILI

Source: [Santa Fe Chicken Chili - California Beans \(calbeans.org\)](http://calbeans.org)

Recipe Ingredients:

- 1/4 cup olive oil
- 4 cups chopped red bell peppers (4 medium)
- 2 cups chopped onions (2 medium)
- 2 cups chopped green bell peppers (2 medium)
- 8 medium cloves garlic, minced
- 3 tablespoons chili powder
- 2 teaspoons ground cumin
- 1/4 teaspoon cayenne pepper, or to taste
- 1 can (28 oz.) tomatoes, undrained
- 2 cans (14.5 oz. each) reduced sodium chicken broth
- 2 pounds boneless, skinless chicken breasts, cut into 1/2-inch pieces
- 3 cups cooked* or 2 cans (15 oz. each) kidney beans, drained and rinsed
- 1 jar (12 oz.) prepared salsa
- 1 package (10 oz.) frozen corn kernels
- 1 teaspoon black pepper

Instructions

In a large pot, heat oil over high heat. Add bell peppers, onions and garlic; sauté for 5 minutes, stirring frequently. Add chili powder, cumin and cayenne; cook for 1 minute, stirring constantly.

Add tomatoes, breaking them up with a spoon, and broth; bring to a boil. Reduce heat to medium-low; simmer for 15 minutes to reduce liquid slightly.

Stir in chicken, kidney beans, salsa and corn. Bring to a boil. Cover, reduce heat and simmer for 5 minutes, or until chicken is cooked through. Stir in black pepper and salt.

Makes 10-12 servings.

*1 cup dry makes 3 cups cooked.

Nutritional Information per Serving:

Calories 283, Protein 25 g, Carbohydrates 29 g, Fat 9 g, Calories from fat 27%, Cholesterol 45 g, Fiber 7 g, Folate 102 mcg, Sodium 393 mg

CHICKPEA BLONDIES

Source: [Chickpea Blondies - California Beans \(calbeans.org\)](http://calbeans.org)

Recipe courtesy of The Nutrition Twins®
(Serves 16)

Recipe Ingredients:

- 1, 15-oz can chickpeas, also may be found as garbanzo beans
- 1/2 cup all natural peanut butter
- 1/3-cup honey
- 2 tsp. vanilla
- 1/2 tsp. salt
- 1/4 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. ground cinnamon
- 1/3-cup dark chocolate chips, plus 1 Tbsp., reserve for top
- 1 Tbsp. unsweetened coconut flakes, reserve for sprinkling

Instructions

Preheat oven to 350 degrees F.

Spritz an 8×8 pan with oil in a spray container.

Rinse chickpeas and place in food processor. If using a blender, after rinsing chickpeas, remove their skin before placing in the blender by pinching the chickpea between your fingers. The skin will easily fall off and will take about five extra minutes and will ensure a very smooth blended product.

Combine all ingredients except the chocolate chips and unsweetened coconut flakes in a food processor and blend until completely mixed.

Fold in 1/3-cup dark chocolate chips.

Spread batter evenly in pan, top with reserved 1 Tbsp. of chocolate chips

Bake for approximately 18 – 20 minutes. This will vary depending on your oven. You do not want to overcook these so check on them to see if they are ready sooner in your oven. They should be moist and a little brown around the edges. Insert a toothpick; if it comes out clean they are done. Cool pan on a wire rack until pan is cool to touch, sprinkle with unsweetened coconut flakes.

Cut into squares. Makes 16 blondies.

Delicious immediately or cool in a refrigerator for a delicious cold treat. If you prefer them to be firmer, simply allow them to cool in the fridge.

DEHYDRATING – BEANS, GREEN AND WAX

Source: Excalibur – Preserve it Naturally, Fourth Edition

Snap beans are being cultivated in America at the time Columbus arrived and have long been a drying favorite. Strung up and left to air dry, they were known as “leather britches” because they resembled small, leathery pairs of pants. Unfortunately, because of the long drying times, they often tasted like leather as well. Dried in your dehydrator, however, they’re sure to rehydrate up tender and juicy.

Stingless varieties are best for drying, particularly long, plump pods that have a deep green (or yellow for wax) color and bright appearance. Look for crisp, fleshy walls and small seeds. Good drying beans include Roma, Tendergreen, Golden Wax and Top Crop.

Step-by-step

1. Wash beans and remove the pointed ends.
2. Cut into 1” pieces or “French” style.
3. If desired, pretreat by blanching.
4. Arrange the beans on the tray and dehydrate at 125⁰F/52⁰C until brittle.

Note:

Serve as a side dish cooked with pork or ham for added flavor, or combine with other vegetables in soups and salads.

DEHYDRATING – BEANS, LIMA

Source: Excalibur – Preserve it Naturally, Fourth Edition

Because of their tough outer skin, lima beans dry rather slowly. So for best results, make sure the beans you choose are fresh. Allow lima beans to become fully matured-beyond the table-use stage-before gathering. Pods should be plum and fat, creamy beans. Good varieties for dehydrating are Jackson Wonder and Thorogreen. The following instructions also apply to kidney, great northern, navy, and butter beans as well as to lentils and soybeans.

Step-by-step

1. Shell and wash the beans.
2. If desired, pretreat by blanching.
3. Dehydrate limas at 125⁰F/52⁰C until brittle. Beans should break clean when tapped with a hammer.

Note:

Rehydrated limas can be used in soups or as a vegetable side dish served with a hollandaise or simple white cream sauce.

USING PRESSURE CANNER

Source: [National Center for Home Food Preservation | UGA Publications](#)

Pressure canners for use in the home were extensively redesigned beginning in the 1970's. Models made before the 1970's were heavy-walled kettles with clamp-on or turn-on lids. They were fitted with a dial gauge, a vent pipe in the form of a petcock or covered with a counterweight, and a safety fuse. Most modern pressure canners are lightweight, thin-walled kettles; most have turn-on lids fitted with gaskets. At least one style is still made with heavy cast aluminum, has screw-down knobs around the canner and does not have a gasket, however.

Modern pressure canners have removable racks, an automatic vent/cover lock, a vent pipe (steam vent), and a safety fuse. Use only canners that have the Underwriter's Laboratory (UL) approval to ensure their safety.

Today's pressure canner may have a *dial gauge* for indicating the pressure *or a weighted gauge*, for indicating and regulating the pressure. *Weighted gauges* are usually designed to "jiggle" several times a minute or to keep rocking gently when they are maintaining the correct pressure. Read your manufacturer's directions to know how a particular weighted gauge should rock or jiggle to indicate that the proper pressure is reached and then maintained during processing. *Dial gauge* canners will usually have a counterweight or pressure regulator for sealing off the open vent pipe to pressurize the canner. This weight should not be confused with a weighted gauge and will not jiggle or rock as described for a weighted gauge canner. Pressure readings on a dial gauge canner are only registered on the dial and only the dial should be used as an indication of the pressure in the canner. One manufacturer now makes a dual-gauge canner; read the manufacturer's user manual for information on when and how to use either the weighted gauge or the dial.

Pressure canners come deep enough for one layer of quart or smaller size jars, or deep enough for two layers of pint or smaller size jars. The USDA recommends that a canner be large enough to hold at least 4 quart jars to be considered a pressure canner for the USDA published processes.

Serious errors in processes obtained in pressure canners can occur if any of the following conditions exist:

- The altitude at which the canner is operated is above sea level and adjustments in pressure are not made. Internal canner pressures (and therefore temperatures) are lower at higher altitudes. Canners must be operated at increased pressures as the altitude increases. Check reliable canning instructions for altitude adjustments.

- Air is trapped in the closed canner during the process. Air trapped in a pressure canner lowers the temperature obtained for a given pressure (for example, 10 or 15 pounds pressure) and results in underprocessing. To be safe, USDA recommends that all pressure canners must be vented 10 minutes before they are pressurized.

To vent a canner, leave the vent pipe (steam vent) uncovered (or manually open the petcock on some older models) after you fill the canner and lock the canner lid in place. Heat the canner on high until the water boils and generates steam that can be seen escaping through the open vent pipe or petcock. When a visible funnel-shape of steam is continuously escaping the canner, set a timer for 10 minutes. After 10 minutes of continuous steam, you can close the petcock or place the counterweight or weighted gauge over the vent pipe to begin pressurizing the canner. (See steps 3 and 4 below.)

- An inaccurate dial gauge is used. Dial gauges should be checked for accuracy each year before use. If the gauge reads high or low by more than two pounds at 5, 10 or 15 pounds pressure, replace it. If it is less than two pounds off in accuracy, you can make adjustments needed to be sure you have the required pressure in your canner.

Follow these steps for successful pressure canning:

(Read through all the instructions before beginning.)

1. Make sure the pressure canner is working properly before preparing food. Clean lid gaskets and other parts according to the manufacturer's directions; make sure all vent pipes are clear and contain no trapped material or mineral deposits. Center the canner over the burner. The burner and range must be level. Your pressure canner can be damaged if the burner puts out too much heat. In general, do not use on an outdoor LP gas burner or gas range burner over 12,000 BTU's. Check your manufacturer's directions for more information about appropriate burners.

Put the rack and hot water into the canner. If the amount of water is not specified with a given food, use enough water so it is 2 to 3 inches high in the canner. Longer processes required more water. Some specific products (for example, smoked fish) require that you start with even more water in the canner. Always follow the directions with USDA processes for specific foods if they require more water be added to the canner.

For hot packed foods, you can bring the water to 180 degrees F. ahead of time, but be careful not to boil the water or heat it long enough for the depth to decrease. For raw packed foods, the water should only be brought to 140 degrees F.

2. Place filled jars, fitted with lids and ring bands, on the jar rack in the canner, using a jar lifter. When moving jars with a jar lifter, make sure the jar lifter is securely positioned below the neck of the jar (below the ring band of the lid). Keep the jar upright at all times. Tilting the jar could cause food to spill into the sealing area of the lid.
3. Fasten the canner lid securely. Leave the weight off the vent pipe or open the petcock.
4. Turn the heat setting to its highest position. Heat until the water boils and steam flows freely in a funnel-shape from the open vent pipe or petcock. While maintaining the high heat setting, let the steam flow (exhaust) continuously for 10 minutes.
5. After this venting, or exhausting, of the canner, place the counterweight or weighted gauge on the vent pipe, or close the petcock. The canner will pressurize during the next 3 to 10 minutes.
6. Start timing the process when the pressure reading on the dial gauge indicates that the recommended pressure has been reached, or, for canners without dial gauges, when the weighted gauge begins to jiggle or rock as the manufacturer describes.
7. Regulate the heat under the canner to maintain a steady pressure at, or slightly above, the correct gauge pressure. One type of weighted gauge should jiggle a certain number of times per minute, while another type should rock slowly throughout the process – check the manufacturer’s directions.
 - Loss of pressure at any time can result in underprocessing, or unsafe food.
 - Quick and large pressure variations during processing may cause unnecessary liquid losses from jars.

IMPORTANT: If at any time pressure goes below the recommended amount, bring the canner back to pressure and begin the timing of the process over, from the beginning (using the total original process time). This is important for the safety of

the food.

8. When the timed process is completed, turn off the heat, remove the canner from the heat (electric burner) if possible, and let the canner cool down naturally. (Lift the canner to move it; do not slide the canner. It is also okay to leave the canner in place after you have turned off the burner. It is better to do so than to let jars inside the canner tilt or tip over if the canner is too heavy to move easily.)

While the canner is cooling, it is also de-pressurizing. Do not force cool the canner. Forced cooling may result in food spoilage. Cooling the canner with cold running water or opening the vent pipe before the canner is fully depressurized are types of forced cooling. They will also cause loss of liquid from jars and seal failures. Forced cooling may also warp the canner lid.

Even after a dial gauge canner has cooled until the dial reads zero pounds pressure, be cautious in removing the weight from the vent pipe. Tilt the weight slightly to make sure no steam escapes before pulling it all the way off. Newer canners will also have a cover lock in the lid or handle that must release after cooling before the lids are twisted off. Do not force the lid open if the cover locks are not released. Manufacturers will provide more detailed instructions for particular models.

Depressurization of older canner models without dial gauges should be timed. Standard size heavy-walled canners require about 30 minutes when loaded with pints and 45 minutes when loaded with quarts. Newer thin-walled canners cool more rapidly and are equipped with vent locks that are designed to open when the pressure is gone. These canners are depressurized when the piston in the vent lock drops to a normal position. Some of these locks are hidden in handles and cannot be seen; however, the lid will not turn open until the lock is released.

9. After the canner is completely depressurized, remove the weight from the vent pipe or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face.
10. Using a jar lifter, remove the jars one at a time, being careful not to tilt the jars. Carefully place them directly onto a towel or cake cooling rack, leaving at least one inch of space between the jars during cooling. Avoid placing the jars on a cold surface or in a cold draft.

11. Let the jars sit undisturbed while they cool, from 12 to 24 hours. Do *not* tighten ring bands on the lids or push down on the center of the flat metal lid until the jar is completely cooled.
12. Remove ring bands from sealed jars. Ring bands can be washed and dried and put away for using another time. Put any unsealed jars in the refrigerator and use first.
13. Wash jars and lids to remove all residues.
14. Label jars and store in a cool, dry place out of direct light.
15. Dry the canner, lid and gasket. Take off removable petcocks and safety valves; wash and dry thoroughly. Follow maintenance and storage instructions that come from your canner manufacturer.

PRESSURE CANNING PROCESS – QUICK STEPS

1. Use reputable, research-based recipe.
2. Prep work area, food and jars.
3. Heat 2-3” canner water (not boiling).
Hot Pack: 180°F, Raw Pack: 140°F
4. Jars in canner; lid on; weight off; high heat.
5. Vent 10 minutes.
6. Weight on.
7. Pressurize; lower heat to maintain pressure.
8. Start time; process, adjust heat as needed.
9. Ding! Timer off; heat off.
10. Wait until pressure drops to 0.
11. Weight off.
12. Cool 10 minutes more.
13. Lid off; jars out.
14. Cool jars, undisturbed 12-24 hours.
Check seals; remove rings, clean jars.
15. Label and store sealed jars.
Cool, dry, dark location.
Use within 1 year for best quality.