

Butter bean salad

Season: winter

Type: salads

Difficulty: easy

Serves: 20 tastes in the classroom
or 6 adult serves at home

Fresh from the garden: herbs, shallots, spring onions

Recipe source: Stephanie Alexander Kitchen Garden Foundation

This dish illustrates that there are some convenience foods, such as canned beans, that deserve a place in the pantry – especially in the winter months. Choose beans that have been preserved in water, without added herbs or tomato.

Classic French bistro additions would be some finely chopped shallot or spring onion, plenty of chopped parsley and/or chives, some extra virgin olive oil and a very small amount of red wine vinegar. You can also try other herbs and small leaves, depending on what's growing in your garden.

Equipment:

colander
large bowl
chopping board
large knife
2 clean tea towels
large spoon
serving platter or salad bowls

Ingredients:

3 x 400 g cans butter beans
3 spring onions or shallots
herbs, such as parsley or chives
extra virgin olive oil
red wine vinegar
salt and pepper



What to do:

- Open the cans of beans and tip them into the colander. Rinse the beans under water (you can reserve this rinsing water and use it on the garden) and tip into the large bowl.
- Set out the chopping board and knife. Dampen a tea towel and place it under the chopping board to prevent it from slipping.
- Cut the roots off the spring onions and remove any damaged outer leaves, or peel the shallots. Chop finely and tip into the large bowl with the beans.
- Rinse any herbs, such as parsley or chives. Dry them gently in a tea towel, chop roughly and add to the bowl.
- Add about 2–3 tablespoons of olive oil, a splash of red wine vinegar and a large pinch each of salt and pepper. Stir gently and taste, adding more salt and pepper or olive oil as needed.
- Spoon onto serving platters if serving as a part of a bistro salad platter, or serve in large salad bowls.

