



Ingredients:

- 1 cup of flageolet beans
- 1 head of garlic
- 2 stalks celery (diced)
- 1 carrot (diced)
- 1 small onion (diced)
- 4 tsp. of olive oil
- Salt & pepper

l'art de cuisiner

STARK & WHYTE

La Cocotte ... “Mashed French Beans with Roasted Garlic”

Method

1. Soak the beans in cold water.
2. Place garlic in Staub “Cocotte” and roast in the oven, until tender, with 1 tsp. of water. Cool it down and squeeze the cloves from their skin. Save the garlic purée on the side.
3. Put the beans in the “Cocotte” and cover with water. Add celery, carrot, onion, salt and pepper. Bring to a boil, reduce the heat, cover and cook for one hour over medium heat until tender.
4. Drain the beans and save the cooking liquid. Purée beans and diced vegetables together, adding ½ cup of cooking liquid. They should look like mashed potatoes, but not as smooth.
5. Heat the “Cocotte” with olive oil. Sauté the roasted garlic and add the bean purée. Stir in the garlic and finish with salt, pepper and a touch of olive oil.



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