

FOOD IS CULTURE

The Food is Culture project aims at making European citizens aware that food heritage is a way to express their belonging to Europe and to better understand the richness and uniqueness of its cultural diversity.

Lucca Red Bean (Italy)

Lucca Red Bean Puree

For 4 people

½ stick of celery

½ carrot

½ onion

40 grams of extra virgin olive oil

400 grams of Lucca Red Beans (previously soaked for 6 hours)

Broth

Rosemary

Salt

Pepper

A few slices of toast

150 grams of guanciale (cured pork jowl), from Cinta Senese pigs

Preparation and cooking time: 1 hour and 30 minutes (plus 6 hours for soaking the beans)

Finely chop the celery, carrot, and onion and cook them with a little bit of olive oil over low heat in a heavy-bottomed pot. When the vegetables are soft, add the previously soaked beans and some rosemary, salt, and pepper. Add enough broth to cover the beans and simmer for about 1 hour (until the beans are soft). Use an immersion blender or regular blender to puree the beans into a thick cream.

Serve the puree in a shallow bowl with the toast, small cubes of guanciale (optionally browned in a pan), chopped rosemary, and a drizzle of extra virgin olive oil.



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