

Beans!



Thanks mostly to MissVickie

<http://missvickie.com/howto/beans/howtosoak.html>

Summary

1. Spread beans out on a tray or cookie sheet and pick through them, removing any shriveled, broken, discolored or blemished beans, loose skins and other debris like sticks or gravel.
2. Choose one of the three soaking methods outlined below, using the one that best meets your needs, and cover the beans with cold water.
3. Whichever soaking method used, always discard the dirty soaking water. Rinse the beans in fresh water. Add more fresh cold water to cook the beans.
4. Storage: dried beans last one to ten years; store them in a cool, dry, dark place.

Tips to Minimize Gas

(Another great resource is at http://www.savvyvegetarian.com/svreports/beans_without_gas.pdf)

1. Chew slowly and thoroughly, taking in as little air while you eat as possible.
2. Start by eating beans regularly (daily if possible) but *in small amounts that you increase slowly over time*. Chew them well or puree them (hummus, pate).
3. Start with low-gas beans like Adzukis (small, vivid red beans with a slightly sweet flavor) or Anasazis or Mung and those from the “soft beans” group; avoid “hard beans.”
4. Soak and rinse all beans and discard the soaking water before cooking! (Details below.)
5. Drink more fluids than normal when you are eating beans.
6. Cook the beans thoroughly in only water; do not add salt. Adding marjoram, ginger, or one inch of kombu seaweed per pot while cooking often helps, too.
7. After boiling the beans, if the recipe allows, discard that water and rinse the beans again.
8. See “Gas-Free Soak” Tip box on reverse.
9. If you must, try *Beano* or other bean gas-reducers on the market.

Bean Hardness

Beans that are in the soft group require no soaking and cook in the shortest times.

Softest Beans	Soft Beans	Hard beans	Hardest Beans
Split Peas Black Eyed Peas Lentils Mung Azuki Fava Beans Broad Bean Butterbean Windsor Bean English Bean Madagascar Bean Wax Bean	Lima Beans Pink Beans Pinto Beans Navy Beans Anasazi Black Turtle Canellini Beans Fazolia Bean White Kidney	Great Northerns Kidney Beans Whole Peas Red Beans Black Beans Garbanzos (Chickpeas) Brown Beans Pequeno Beans Canary Beans	Soybean
Soaking not usually required - check package	Minimum soaking time - 4 hours	Minimum soaking time - 8 hours	Minimum soaking time - 24 hours

Why Soak Beans

- to minimize gas caused by the indigestible complex sugars (oligosaccharides) from the outer coating of the beans;
- to gain shorter cooking time to preserve the most nutrients;
- to clean the beans; and
- to allow beans to slowly absorb the liquid to cook evenly and completely so they don't split open, lose their skins, or cook only the outer surface while the middle remains hard.

How to Soak Beans

Select a Soaking Bowl. Use a bowl large enough to accommodate the fully rehydrated beans: when done, the beans will have swollen to twice their dry size or more. Pick a glass or ceramic bowl to soak beans (small amounts of metal can leach into the water when using metal bowls or cookware; plastic containers often have a sticky, hard to clean and unseen residue of accumulated oil and fats that may impart unwanted odors and taste).

Add Water and Cover with a Towel. Add enough cold water to cover them by 3-4 inches. Cover the bowl loosely with a towel and leave them to soak at room temperature for at least 4 hours. (For longer soaks during warm or humid weather, the beans should be refrigerated to prevent fermentation or sprouting. Beans often absorb the maximum amount of water in about four hours, but some beans need more time to hydrate. If soaking your beans overnight is more convenient, doing so will not degrade the beans.)

How to Tell When the Beans Are Done Soaking

When cut in half, the color is even throughout, not drier-looking in the middle, and each half will be flat, not dented. Also, beans are rehydrated enough to cook when they are wrinkled; the wrinkles will smooth out during cooking.

Gas-free soak. In a stockpot, place 1 pound of beans in 10 or more cups of boiling water. Boil for 2 to 3 minutes. Then cover and set aside overnight. The next day 75% to 90% of the indigestible sugars that cause gas will have dissolved into the soaking water. (See <http://www.mayoclinic.com/health/legumes/NU00260>)

Methods of Soaking Dried Beans

Pressure Soak Method	Quick Soak Method	Long Soak Method
<ol style="list-style-type: none">1. Cover beans by 3 inches of water. Bring to pressure. Cook 5 minutes.2. Remove from heat, and let pressure drop naturally.3. Drain and discard the water and rinse beans.4. Proceed with the recipe, or see http://missvickie.com/howto/beans/howtobean types.html.	<ol style="list-style-type: none">1. Boil beans in water for 3 minutes in a heavy pot.2. Cover and set aside for 2 hours.3. Drain and discard the water and rinse beans.4. Proceed with the recipe or cook by themselves in fresh, plain water, covering beans by 1 to 2 inches of water.	<ol style="list-style-type: none">1. Soak beans in 3 to 4 times the amount of water as dry beans, using attached chart.2. Drain and discard the water and rinse beans.3. Proceed with the recipe or cook by themselves in fresh, plain water, covering beans by 1 to 2 inches of water.

Why Rinse Beans After Soaking

Always rinse after soaking and add fresh, cold water for cooking. Do **not** use the dirty soaking water to cook the beans in; not only does it contain all the gas causing, indigestible complex sugars of oligosaccharides that have leached off the outer coating of the beans but also all the other field dust and other residues that came off the beans.

Soaking, Cooking Times and Uses for Dried Beans

Add salt AFTER beans are cooked; salt prevents beans from absorbing water (exception: lima and black soy beans have delicate skins; salt keeps skins intact).

To cook most beans ... bring to a boil for 5 minutes, then simmer, mostly covered.

Beans are done cooking if soft when mashed or pierced with a fork.

Name	Characteristics and Uses	Soak Time (in 3 to 4 x as much water)	Cook Time* (cover beans with 1" to 2" water)
Adzuki, Aduki	Small, vivid red beans with a slightly sweet flavor. Easier to digest than most beans due to a very low fat content.	No	45 - 55 min.
Anasazi	Use in any recipe that calls for pinto beans. holds its shape when cooked. Very digestible due to 25% less complex sugars.	minimum 4 hours	45 - 55 min.
Black Turtle	Also called Tampico, Venezuelan, Mexican Black, Spanish Black. A Latin American and Caribbean cuisine staple. Strong, earthy, almost mushroom-like flavor and soft floury texture. Best combined with assertive flavorings.	minimum 4 hours	45 - 60 min.
Black Eyed Peas	Good aroma, creamy texture and distinctive flavor. No pre-soaking needed, they are easily digested. Traditionally served with rice and greens. Celebrate New Years with a dish called Hoppin' John.	No	25-45 min.
Butterbean, Madagascar	Caution: loose, large skins can clog pressure cookers. Great for hearty soups and stews with vegetables.	minimum 4 hours	60-90 min.
Canellini, Fazolia, White Kidney Bean	Taste like the great northern or navy bean but are longer and fatter. Excellent in bean salads, minestrone, soups with tomato, or served warm with a splash of olive oil, minced rosemary, and a dash of black pepper.	minimum 4 hours	45 min.
Cranberry Bean	Aka Borlotti Beans, Shell Bean, Christmas Bean. Red specks disappear on cooking. Similar to the pinto bean but more delicate, nutty flavor. Commonly used in Italian soups and stews.	minimum 4 hours	40 - 45 min.
Flageolet	Small, creamy bean. Substitutes: great Northern beans	min. 4 hours	90 min.
Fava	Aka Broad Bean, Windsor Bean, English Bean, Horse Bean. Huge, substantial beans with a creamy texture; nutty, sweet earthy flavor. Use in soups, or purée into paté like hummus.	minimum 8 hrs or overnight	45 - 60 min.
Garbanzo, Chickpeas, Ceci	Firm texture; flavor somewhere between chestnuts and walnuts. High in fat, keep their shape when cooked. Mild and sweet flavor. Add to salads, soups, and pasta dishes. Purée into hummus.	minimum 8 hrs or overnight	60-180 mins. (1 - 3 hrs.)
Great Northern	Also called white kidney beans, these beans have a smooth texture, and delicate flavor and can be substituted for canellini or Navy beans. Use in Italian style soups and pasta dishes. Substitute for garbanzo beans in hummus.	minimum 4 hours	45 - 75 min.
Kidney	Subtle sweet flavor and soft texture that keep their shape during cooking. Used in Southwestern dishes and bean salads.	minimum 4 hours	60 -90 min.

Lentils	Very versatile Lentils have a mild, often earthy flavor, and they're best if cooked with assertive flavorings or other foods in combination with robust, zesty sauces. Unlike dried beans and peas, there's no need to soak them.	No	Red: 20-30 min. Green: 30-45 Brown: 45-60
Lima Bean	Large beans with a buttery flavor and starchy texture.	minimum 8 hrs or overnight	60 -90 min. (add salt)
Lima Bean, Baby		minimum 8 hours	45-50 min. (add salt)
Mung, Mung Pea	Major player in Indian and Chinese dishes. Easy to digest, these beans do not hold shape well, but they are great in stews or served over rice.	minimum 4 hours	60 -90 min.
Navy	Named for their large role in the diet aboard U.S. Navy ships in the late 1800s. Mild flavor with powdery texture. Makes great soup, chowders, and bean pot recipes.	minimum 4 hours	45 - 60 min.
Peas, Whole	Dried garden peas. Called soup peas in the U.S., and mushy peas in Great Britain. Use in soups and stews.	minimum 4 hours	75 min.
Peanuts, Groundnuts	http://whatscookingamerica.net/History/BoiledPeanutsHistory.htm A legume, also known as earthnuts, goobers, goober peas, jack nuts. Add 1/3 cup salt per pound, use other seasonings as desired.	No	4 hr.
Peas, Split Green & Yellow	Yellow peas are milder than green, both have a grainy texture and do not hold their shape. Great for soups, puree half of the cooked peas for a creamier texture.	No	35-60 min.
Pigeon Peas, Gandules	Ancient Egyptian uses; important to the cuisines of India and Puerto Rico. Reputation as slightly narcotic, possibly accounting for deep naps after dinner. Can substitute black-eye peas.	minimum 4 hours	45-90 min.
Pink, Chili Beans	Rich, meaty flavor with a slightly powdery texture. Turns reddish brown when cooked. Used in Mexican-American dishes; often featured in chili and western barbecues.	minimum 4 hours	50-60 min.
Pinto	Earthy flavor and powdery texture. Mushier when cooked than pink or red beans. A favorite for Mexican dishes.	minimum 4 hours	90 min.
Red Beans	Used in traditional Southern cooking, and often combined with rice. Complements the flavor and color of corn pasta.	minimum 4 hours	60 min.
Runner Beans	Scarlet, White, or Black. These large beans are very flavorful and work well in salads or as a side dish.	4- 6 hours	2 hr.
Small Red or Mexican Red Bean	Hold their shape and firmness when cooked. Like red kidney, but smoother in taste and texture. Can be substituted for any of the colored varieties and used in soups, salads, chili, and Creole dishes.	minimum 4 hours	60 min.
Soy, Soya Beans	Beige and black. Sweet, nutty flavor, and touted for health benefits, these beans are hard to digest, and they are the hardest of all dried beans. Soak overnight in the fridge.	minimum 8 hrs or overnight	3 -4 hr. (add salt)

*For PRESSURE COOKER TIMES, photos of all beans, and more detailed version of the above chart, see <http://missvickie.com/howto/beans/howtobeantypes.html>. Main sources include missvickie.com and <http://www.vegparadise.com/charts.html>