

# Basic Beanery

NAME(S)	ORIGIN & CHARACTERISTICS	SOAKING & COOKING
<b>Adzuki</b> (ADUKI, AZUKI, RED COWPEA, RED ORIENTAL)	Himalayan native, now grown throughout Asia. Especially loved in Japan. Small, nearly round red bean with a thread of white along part of the seam. Slightly sweet, starchy. Lower in oligosaccharides.	<b>SOAKED, CONVENTIONAL STOVETOP:</b> 40 minutes. <b>UNSOAKED, CONVENTIONAL STOVETOP:</b> 1¼ hours. <b>SOAKED, PRESSURE COOKER:</b> 5–7 minutes. <b>UNSOAKED, PRESSURE COOKER:</b> 15–20 minutes.
<b>Anasazi</b> (CAVE BEAN AND NEW MEXICO APPALOOSA—THOUGH IT ISN'T ONE)	New World native (present-day junction of Arizona, New Mexico, Colorado, Utah). White speckled with burgundy to rust-brown. Slightly sweet, a little mealy. Lower in oligosaccharides.	<b>SOAK?</b> Yes. <b>CONVENTIONAL STOVETOP:</b> 2–2½ hours. <b>PRESSURE COOKER:</b> 15–18 minutes at full pressure; let pressure release gradually. <b>SLOW-COOKER:</b> 1½ hours on high, then 6 hours on low.
<b>Appaloosa</b> (DAPPLE GRAY, GRAY NIGHTFALL)	New World native. Slightly elongated, curved, one end white, the other end mottled with black and brown. Holds its shape well; slightly herbaceous-piney in flavor, a little mealy. Lower in oligosaccharides.	<b>SOAK?</b> Yes. <b>CONVENTIONAL STOVETOP:</b> 2–2½ hours. <b>PRESSURE COOKER:</b> 15–18 minutes; let pressure release gradually. <b>SLOW-COOKER:</b> 1½ hours on high, then 6–7 hours on low.
<b>Black-eyed pea</b> (BLACK-EYES, LOBIA, CHAWALI)	West African native, now grown and loved worldwide. An ivory-white cowpea with a black “eye” across the indentation. Distinctive ashy, mineral-y taste, starchy texture.	<b>SOAK?</b> Optional. <b>SOAKED, CONVENTIONAL STOVETOP:</b> 20–30 minutes. <b>UNSOAKED, CONVENTIONAL STOVETOP:</b> 45–55 minutes. <b>SOAKED, PRESSURE COOKER:</b> 5–7 minutes. <b>UNSOAKED, PRESSURE COOKER:</b> 9–11 minutes.

★ All cooking times are approximate. The older the bean is, the longer it will take to cook. Always taste for tenderness about three-quarters of the way through the shorter suggested time when using a conventional pot or slow-cooker. When using a pressure cooker, stop the cooking at the earlier end of the cooking range, let pressure release gradually, open, and taste. If not tender, reseal the lid and bring it back up to high pressure for the remaining time.

AVAILABILITY	SUBSTITUTES	USAGE
Widely available in natural foods markets and Asian groceries.	Mung beans can and often do serve as a substitute—similar taste and cooking time—but visually quite different.	Sweetened and made into a paste, used in many Asian desserts, including moon cakes and ice cream. Cooked with sticky rice (Japan). Cooked with butter and sugar as a pudding (Somalia). Bean of choice for dahls in North India.
Occasionally available in natural foods markets, specialty foods stores. Online: Purcell's Mountain Farm; Rancho Gordo; Bob's Red Mill; Adobe Milling of Dove Creek.	Pinto, pink, tepary, "real" appaloosa. Though different visually and tastewise, navy and black beans work functionally.	Usually in stews with Southwestern seasonings (chile, cumin, garlic, onion, peppers). Sometimes used in baked beans in the Southwest (often added: ham, bacon, or salt pork). In Southwest, often served at festivals honoring Native Americans.
Not in most supermarkets. Online: Rancho Gordo; Bob's Red Mill; Purcell's Mountain Farm.	Pinto, pinto, anasazi, tepary. Though different visually and tastewise, navy and black beans work functionally.	Usually cooked as a stew, with Southwestern seasonings (see above). Often ham, bacon, or salt pork is added. Also sometimes used in baked beans in the Southwest.
Widely available in supermarkets.	All cowpeas share about the same cooking time, though each differs slightly in flavor. Lady, crowder, cream, clay, and pigeon peas, or goat's eye or asparagus beans work in black-eyed pea recipes.	<i>Akkra</i> , a deep-fried fritter (Africa). <i>Buñelo</i> , a similar fritter (Colombia). <i>Chèotâutrâng</i> , a sweet pudding (Thailand). Tossed with olive oil, vegetables, and lemon (Greece). As Hoppin' John and Texas Caviar (U.S.). In many regional curries (India). Also a traditional side dish for a meal of cod and potatoes (Portugal).

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*Yields for virtually all dried beans: 1 cup dried beans, peas, or lentils equals 2¼ to 2½ cups cooked.*

## NAME(S)

## ORIGIN &amp; CHARACTERISTICS

## SOAKING &amp; COOKING

**Black bean**

(TURTLE BEAN, BLACK VALENTINE, *FRIJOL NEGRO*, *FEIJÃO PRETO*)

New World native. Shiny, true black uncooked; cooking liquid turns smoky-purplish. Creamy texture when cooked. Flavor has an unusual, faintly sweet note, reminiscent of some chocolate.

**SOAK?** Yes. **CONVENTIONAL STOVETOP:** 1½–2 hours. **PRESSURE COOKER:** 15–18 minutes at full pressure; let pressure release gradually. **SLOW-COOKER:** 1½ hours on high, then 6–7 hours on low.

**Cannellini**

(WHITE KIDNEY BEAN)

New World (Argentina) native, now much loved and used in Italy. White, slightly elongated. Creamy texture, pleasingly bland, slightly nutty.

**SOAK?** Yes. **CONVENTIONAL STOVETOP:** Cook at a full, hard boil for 10 minutes, then cook slowly 1½–2 hours. **PRESSURE COOKER:** 11–13 minutes; let pressure release gradually. **SLOW-COOKER:** Boil on stovetop for 10 minutes, then transfer to cooker for 1 hour on high, then 6–7 hours on low.

**Chickpea**

(GARBANZO, CECE, CECI, CHANNA; ALSO AVAILABLE AS FLOUR, OR *BESAN*)

Middle East (probably Turkey) native. Round, pale yellow to light brown, with a ridge on one side. Slow to cook, holds its shape well, has a pleasant, nutty flavor and slightly mealy texture.

**SOAK?** Yes. **CONVENTIONAL STOVETOP:** 2–3 hours. **PRESSURE COOKER:** 12–15 minutes; let pressure release gradually. **SLOW-COOKER:** 2 hours on high, then 6½–7½ hours on low.

**Desi dahl**

(KALA CHANNA OR BLACK CHICKPEA; ALSO AVAILABLE AS FLOUR, OR *KALA BESAN*; REGULAR *BESAN* CAN SUBSTITUTE)

*Desi dahl* is a second variety of chickpea—smaller, firmer, darker, more wrinkled, a staple of Indian home cooking; used in channa dahl.

## AVAILABILITY

Widely available in supermarkets.

## SUBSTITUTES

For cooking properties, interchangeable with most New World beans, including cranberry, pinto, navy, and many more. But for flavor and color, nothing else looks or tastes like black beans.

## USAGE

*Feijoada* (Brazil). *Moors y Christianos* soup (Cuba). In New Mexico, served with every Southwestern plate by default. Common in chili, especially chili mole; and in soup, often with sherry (U.S.). Excellent in bean-burgers; flavor compatible with mushrooms.

In some supermarkets. Online: Purcell's Mountain Farm; Rancho Gordo.

Interchangeable with most New World beans, but navy and Great Northern are closest visually.

Often used in minestrone, *pasta e fagioli*, and other Tuscan bean soups. Also marinated and used as an appetizer or addition to salad (Italy).

The European/Middle Eastern variety is widely available.

The chickpea is *sui generis*. It's one of the slowest-cooking beans (second only to the soybean) and is shaped like no other bean, with a flavor and texture like no other bean. If you fall in love with a chickpea recipe but want to make it with some other bean, fine; just adjust cooking time according to the bean cooked. You'll have a good result, it just won't be chickpea-ish.

Base for hummus and falafel, and used in many soups (Middle East). Used in countless curries, especially with potato and cauliflower, as well as a plain dahl (India). The whole cooked beans, in sugar syrup, are also eaten as a sweet and used in a variety of desserts (Philippines). Part of most three-bean salads, and often a component of bean-burgers (U.S.).

*Desi dahl* is available at any Indian market. *Besan* is available at many natural foods markets, Indian groceries, and through Bob's Red Mill.

See comments above.

*Desi dahl*, curried, is classic Indian home cooking. Flour is an ingredient in batter for deep-fried vegetables (India). Used in shortbreadlike cookies (Persia/Iran), and in flatbreads (*panelle*, Sicily; *socca*, France).

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<p><b>Cranberry</b> (BORLOTTI, TONGUES OF FIRE, DRAGON'S TONGUE)</p>	<p>New World (Colombia) native. Ivory or tan, beautifully mottled with striations of red, burgundy, even bright pink. A melting, creamy texture; a little nutlike; very pleasing.</p>	<p><b>SOAK?</b> Yes. <b>CONVENTIONAL STOVETOP:</b> 1½–2 hours. <b>PRESSURE COOKER:</b> 11–13 minutes. <b>SLOW-COOKER:</b> 1½ hours on high, then 6 hours on low.</p>
<p><b>Fava</b> (BROAD BEAN, HORSE BEAN, BELL BEAN, WINDSOR BEAN)  SOLD WHOLE WITH SKIN ON, OR SPLIT, SKIN REMOVED.  FOR FRESH FAVAS, SEE PAGE 44.</p>	<p>North Africa native. Shaped like fat, bumpy lima beans, dried favas are usually golden brown, with the occasional ivory bean. Tough-skinned, they must be peeled after soaking. Smooth, creamy, a little buttery, with a trace of bitterness.</p>	<p><b>SOAK?</b> Yes, for whole favas. No, for split, peeled favas. <b>EXTRA STEP FOR WHOLE BEANS:</b> After soaking, pop each fava out of its skin, discarding the skins. <b>CONVENTIONAL STOVETOP:</b> whole peeled favas, 1–1¾ hours; peeled and split, 40 minutes. In either case, cook until disintegrated and creamy. <b>CANNOT BE PRESSURE-COOKED.</b> <b>SLOW-COOKER:</b> whole peeled favas, 1 hour on high, then 3–4 hours on low. Peeled and split favas, 40 minutes on high, then 2–3 hours on low. In either case, cook until disintegrated and creamy.</p>
<p><b>Flageolet</b></p>	<p>New World native, an immature kidney bean, grown, developed, and adored in France. Smallish beans are pale green, with an occasional ivory one sneaking in; turn ivory-golden when cooked. Creamy, agreeable.</p>	<p><b>SOAK?</b> Yes. <b>CONVENTIONAL STOVETOP:</b> 1¾–2¼ hours. <b>PRESSURE COOKER:</b> 15–20 minutes. <b>SLOW-COOKER:</b> 1¾ hours on high, then 6–7 hours on low.</p>
<p><b>Gigande</b> (GIANT LIMA, GIANT BUTTER BEAN, ELEPHANTE, ELEPHANT BEAN)</p>	<p>New World origin, but bred and now primarily grown and eaten in Greece. Shaped like a giant lima, this is a huge, sweet-starchy white bean.</p>	<p><b>SOAK?</b> Yes. <b>CONVENTIONAL STOVETOP:</b> 1¼–1½ hours. <b>PRESSURE COOKER:</b> 11–13 minutes. <b>SLOW-COOKER:</b> 1½ hours on high, then 6–7 hours on low.</p>
<p><b>Great Northern</b></p>	<p>New World native. A white bean, slightly larger than the navy bean, bland, meltingly textured, starchy.</p>	<p><b>SOAK?</b> Yes. <b>CONVENTIONAL STOVETOP:</b> 1½–2 hours. <b>PRESSURE COOKER:</b> 11–13 minutes. <b>SLOW-COOKER:</b> 1½ hours on high, then 6–7 hours on low.</p>

AVAILABILITY	SUBSTITUTES	USAGE
<p>Not in most supermarkets. Online: Purcell's Mountain Farm; Rancho Gordo; Bob's Red Mill.</p>	<p>If you're substituting visually, pinto beans look very similar to cranberry, but are quite different in taste. Cannellini or red kidney beans are closer taste-alikes, but don't look like cranberry beans.</p>	<p><i>Barbunya</i>, with slow-cooked tomatoes, vegetables, lots of olives (Turkey). Used in soups and stews, often with spicy sausage (Portugal). Sometimes in <i>fagioli</i> and in a hearty Piedmontese risotto with sausage (Italy).</p>
<p>At Middle Eastern and specialty foods stores; at some natural foods markets. Online: Shamra sells two varieties of whole dried favas and one split. Whole dried favas also available through Purcell's Mountain Farm and La Tienda. Peeled, split fava available through Kalamala, where they are called "yellow favas" (Golchin).</p>	<p>The closest approximation for the flavor and texture of dried split favas is cooked yellow split peas. But to true fava lovers, there is no substitute.</p>	<p><i>Ful Medames</i>, favas cooked with oil, cumin, lemon, and onions, often for breakfast (Egypt). <i>Baghalee polo</i>, rice cooked with favas (Persia/Iran). <i>Skordalia</i>, garlicky fava bean dip (Greece). In stews, and made into flour (Ethiopia). <i>Bagiana</i>, a fava soup with onions, garlic, beet greens, olive oil, and lard (Italy). A single fava bean baked in a cake for luck (many countries).</p>
<p>Hard to find; available at some specialty foods stores. Online: Rancho Gordo and Purcell's Mountain Farms.</p>	<p>Cannellini beans are a good substitute, and navy beans are fine in a pinch.</p>	<p>Traditional in cassoulet, as well as cooked and mashed and served like mashed potatoes with lamb (France). Good in soups, and also cooked, marinated, and served as a salad or starter.</p>
<p>Available in Mediterranean specialty foods stores. Online: Purcell Mountain Farms.</p>	<p>While baby or Fordhook limas would work as a miniature substitute visually; the whole point of this bean is its unique size, shape, and texture.</p>	<p>With garlic, olive oil, tomatoes, and fresh dill as a side dish or starter (Greece). Also excellent in soups.</p>
<p>Readily available.</p>	<p>Navy beans or cannellini.</p>	<p>Often used instead of navy beans in baked beans, soups, or pies. Since it holds its shape well and is a bit larger than navies, it's sometimes cooked and used marinated in salads.</p>

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<p><b>Kidney bean</b> (RED BEAN, CHILI BEAN, RAJMA)</p>	<p>New World native. Kidney shaped, shiny dark-red seed coat. Cooks up creamy, with a little sweetness. Mild in flavor.</p>	<p><b>SOAK?</b> Yes. <b>CONVENTIONAL STOVETOP:</b> Cook at a full, hard boil for 10 minutes, then cook slowly 1½–2 hours. <b>PRESSURE COOKER:</b> 11–13 minutes; let pressure release gradually. <b>SLOW-COOKER:</b> Boil on stovetop for 10 minutes, then transfer to cooker, 1 hour on high, then 6–7 hours on low.</p>
<p><b>Lentil</b> SEE “LUSCIOUS LENTILS &amp; OTHER LOVABLE LITTLE LEGUMES,” PAGE 354.</p>		
<p><b>Lima, baby</b> (BUTTER BEAN, HABA)</p>	<p>New World (Peru) native. Flattened, parchment-white, smaller bean. Smooth, creamy, a little sweet. Cooked, they’re quite soft and don’t hold their shape well.</p>	<p><b>SOAK?</b> Yes. <b>CONVENTIONAL STOVETOP:</b> 1¼–1¾ hours. <b>PRESSURE COOKER:</b> 10–12 minutes. <b>SLOW-COOKER:</b> 1 hour on high, then 6 hours on low.</p>
<p><b>Lima, large (Fordhook)</b></p>	<p>Larger version of the above. Cooking times, et al, apply, but the larges hold their shape better than the babies when cooked.</p>	
<p><b>Lima, Christmas</b> (POPE’S BEAN, CHESTNUT LIMA)</p>	<p>New World (Peru) native. Large, flattened, parchment-white, mottled with a deep burgundy. A little sweet, slightly mealy, with a distinct chestnut-like flavor. Hold their shape better than other limas.</p>	<p><b>SOAK?</b> Yes. <b>CONVENTIONAL STOVETOP:</b> 1¼–1¾ hours. <b>PRESSURE COOKER:</b> 10–12 minutes. <b>SLOW-COOKER:</b> 1 hour on high, then 6 hours on low.</p>
<p><b>Mung</b> (MOONG, GREEN GRAM, MOOG)  SPLIT MUNG BEANS, THEIR SEED COATS REMOVED, ARE CALLED MOONG DAHL, AND ARE YELLOW.</p>	<p>India/Pakistan native. Small, almost round, green with a small white stripe along part of its seam. Mild and starchy, a tiny bit mealy.</p>	<p><b>SOAK?</b> Optional. <b>SOAKED, CONVENTIONAL STOVETOP:</b> 40 minutes. <b>UNSOAKED, CONVENTIONAL STOVETOP:</b> 1¼ hours. <b>SOAKED, PRESSURE COOKER:</b> 5–7 minutes. <b>UNSOAKED, PRESSURE COOKER:</b> 15–20 minutes.</p>

AVAILABILITY	SUBSTITUTES	USAGE
Readily available.	Cannellini (for flavor and texture), pintos for looks.	Used in many curries (India). Used in New Orleans's famed red beans and rice, and always present in three-bean salads (U.S.).
Readily available.	Navy beans.	In stews, with chicken, lamb, or beef. In rice dishes made with fresh limas in season and dried the rest of the time, including <i>Dami-e Baghala</i> , with turmeric, and <i>Shevid Baghali</i> , with fresh dill (Persia/Iran). As a "soup bean" with ham, served with cornbread, and in Brunswick Stew (U.S., South).
Readily available.	Navy beans, though they're smaller	As above. And fresh Fordhook are divine—chestnutty and sweet.
Available in some specialty foods stores and natural foods markets. Online: Rancho Gordo or Purcell Mountain Farms.	No other beans have the distinctive look, size, and chestnut flavor of Christmas Limas.	Marvelous in any bean soup, also excellent creamed. Cooked, mashed, sweetened, and covered with whipped cream, they're a dead ringer for the chestnut puree that is key to the French dessert Mont Blanc.
Available at any natural foods store or market.	Adzuki beans—very similar in cooking properties, texture, and taste, but visually different.	Often used for sprouting. Green gram, a mild curry served with whole wheat dosa (South India). <i>Ginisang mongg</i> , mung bean soup with shrimp (Philippines). Sweetened, mixed with coconut milk, as dessert (Vietnam, Thailand, Philippines, Indonesia). Mung bean starch is used to make transparent or cellophane noodles, popular throughout Asia.



NAME(S)	ORIGIN & CHARACTERISTICS	SOAKING & COOKING
<b>Navy</b> (PEA BEAN, HARICOT)	New World native. Smaller white bean. Soft but not creamily so. A pleasant neutral flavor, bland, a little starchy.	<b>SOAK?</b> Yes. <b>CONVENTIONAL STOVETOP:</b> 1½–2 hours. <b>PRESSURE COOKER:</b> 12–14 minutes. <b>SLOW-COOKER:</b> 1 hour on high, then 6–7 hours on low.
<b>Pigeon pea</b> (CONGO PEA, GANDULE, CAJA PEA, GOONGOO PEA). WHEN SPLIT, <i>TOOR DAHL</i> .	An African native and a Caribbean fave. A small rounded bean, beige or golden, speckled with brown. Slightly sweet, a little mealy.	<b>SOAK?</b> Optional. <b>UNSOAKED, CONVENTIONAL STOVETOP:</b> 45–60 minutes. <b>SOAKED, CONVENTIONAL STOVETOP:</b> 25–35 minutes. <b>UNSOAKED, PRESSURE COOKER:</b> 9–11 minutes. <b>SOAKED, PRESSURE COOKER:</b> 7–9 minutes. <b>UNSOAKED, SLOW-COOKER:</b> 1 hour on high, then 6–7 hours on low. <b>SOAKED, SLOW-COOKER:</b> 1 hour on high, then 2–3 hours on low.
<b>Pinto</b>	New World native. Pink-buff bean mottled with a deeper brown-burgundy. It cooks up plump, creamy, a little sweet, mild.	<b>SOAK?</b> Yes. <b>CONVENTIONAL STOVETOP:</b> 1½–2¼ hours. <b>PRESSURE COOKER:</b> 11–13 minutes; then let pressure release gradually. <b>SLOW-COOKER:</b> 1 hour on high, then 6–7 hours on low.
<b>Rattlesnake</b>	New World native, a pinto relative, variegated in much the same way, except the pink/burgundy tones are more purely brown/dark brown. Plump, creamy, a little sweet. Slightly intensified pinto bean flavor.	<b>SOAK?</b> Yes. <b>CONVENTIONAL STOVETOP:</b> 1½–2¼ hours. <b>PRESSURE COOKER:</b> 11–13 minutes; then let pressure release gradually. <b>SLOW-COOKER:</b> 1 hour on high, then 6–7 hours on low.
<b>Soybean:</b> FOR NOTES ON EDAMAME, SEE PAGE 25; SOY SAUCE AND MISO, SEE PAGE 80; AND AS MEAT ANALOGS, SEE PAGE 243.		
<b>Tepary</b>	A New World native, the tepary grows successfully in drought conditions; small, flattish bean with a dense texture. Available in both brown and white varieties, the latter slightly sweeter.	<b>SOAK?</b> Yes. <b>CONVENTIONAL STOVETOP:</b> 1¾–2½ hours. <b>PRESSURE COOKER:</b> 18 minutes; then let pressure release gradually. <b>SLOW-COOKER:</b> 1½ hours on high, then 6–7 hours on low.

AVAILABILITY	SUBSTITUTES	USAGE
Readily available.	Great Northern, cannellini, baby lima.	The bean traditionally used in U.S. Senate Bean Soup and in baked beans. Much loved in Great Britain, it's also favored in the U.S. Black Muslim communities use it in a sweet bean pie.
At most markets where there is a Latino, African, or Caribbean population (also canned, from Goya). Online: Purcell Mountain Farms.	Any cowpea (medium-size hot-climate bean): Black-eyed, crowder pea, goat's eye bean, asparagus bean, lady pea, cream pea, clay pea. Though they differ some in flavor, cooking times are about the same.	<i>Toor dahl</i> is the bean of choice in many dahls, de rigueur in the thin hot soup/sauce called <i>sambhar</i> (India). <i>Moro de Guandules</i> , rice and pigeon peas; in stew, with plantain (Dominican Republic). Bean, as well as its leaves, is used in many spicy stews known as <i>w'aats</i> (Ethiopia).
Widely available.	Pinto's flavor is unique, but red kidney, appaloosa, rattlesnake, cranberry, and anasazi beans all work well.	The default bean used for refrieds in Tex-Mex restaurants. Excellent in chilis of any type, soups, and any Southwestern-seasoned casserole.
Hard to find, though some specialty foods stores have them. Online: Purcell Mountain Farms.	Pinto.	See above.
Not widely available, though some specialty stores carry it. Online: Rancho Gordo; Purcell Mountain Farms.	Its flavor and looks are unique, but pinto, kidney, black, and navy beans would all work well in recipes calling for it.	An excellent soup bean, it pairs nicely with Southwestern flavors and vegetables. Often cooked with a ham bone or chunk of salt pork.