

**European Commission Horizon 2020
Legumes Translated Project ID 817634**



Cookbook for legumes

COMMON BEAN RECIPES

SPICY BEAN SALAD

(Source: Bon apeti)

Necessary products:

- 1 canned white bean (400 г)
- 1 canned red bean (400 г)
- 1 head red onion
- 1 stalk of fresh garlic
- 2 celery stalks
- 2 fresh hot peppers
- 100 g Kalamata olives
- 1 big tomato
- 1 several stalks basil
- 50 ml of extra virgin olive oil
- 30 ml of red wine vinegar
- salt and pepper to taste



Method of preparation:

Cut the onion into crescents. Celery is cut obliquely. Chop on small pieces the peppers and garlic. The olives are pitted and cut in half, and the tomato is cut into cubes. Onions, drained beans, celery, garlic, peppers, olives and tomatoes are mixed, sprinkled with chopped basil and stir. Sprinkle with olive oil, vinegar, salt and pepper and mix well.

CHILE CON CARNE

(Source: *mila.bg*)

Necessary products:

500 g minced meat (60% beef and 40% pork)

1 tb. sp. oil

1 onion (large)

4-5 cloves of garlic

3-4 hot peppers (roasted)

400 g canned tomatoes

200 ml tomato sauce

400 g white canned beans

400 g red canned beans

2 bay leaves

1 t.sp cumin

salt to taste

sour cream for garnish

For the sauce:

1 tomato

1 green pepper

1/2 onion

1 hot pepper

olive oil, salt, garlic powder and fresh coriander



Method of preparation:

Heat the oil in a deep frying pan. In it, simmer for 15 minutes the minced meat and finely chopped onions and garlic together with 100 ml of water. Stir frequently until the water evaporates. Add canned tomatoes, tomato sauce, hot peppers and spices and stir until the sauce thickens. Add both types of beans and simmer over low heat for about 1 hour. The sauce is prepared by cutting the tomato, green pepper, hot pepper and onion into small pieces. Mix, add olive oil, salt, garlic powder and chopped fresh coriander and mix well. The dish is served garnished with a spoonful of sour cream and a spoonful of sauce.

BEAN SOUP BY MONASTERY

(Source: Bon apeti)

Necessary products:

250-300 g small beans
1 onion
1 carrot
1 red pepper
2-3 tomatoes
1 green pepper
50 ml of oil
2 stalks of celery
2-3 sprigs of mint (1 tsp dry)
2-3 sprigs of parsley (1 tsp dry)
1 tsp sol



Method of preparation:

The beans are soaked in the evening. Rinse once. Fill with water, wait for it to boil and discard the water. Add 2 liters of water again. Add the finely chopped onion and the diced carrot. Boil until the beans are soft. Tomatoes are cut into small cubes, peppers are cleaned of seeds and cut into small pieces. The leaves of mint, parsley and celery are separated and cut into small pieces, and the stems are kept whole and tied with thread. Add the oil, tomatoes, peppers and stringed spices to the cooked beans, then season with salt. Simmer the soup over low heat for about 30 minutes under a lid.

At the end of cooking, remove the stems and add the chopped leaves of fresh spices. Simmer the soup for another 2-3 minutes, and then serve.

DRIED PEPPERS STUFFED WITH BEANS IN THE OVEN

(Source: Bon apeti)

Necessary products:

150 g of dried peppers
500 g beans
3 onions
180 ml of oil
10 g red pepper
5 g of savory
salt to taste



Method of preparation:

Put the peppers in a saucepan, fill with water and bring to the boil. Once boiling, pull the pan aside and allow to soften. The beans are boiled and squeezed. Finely chop the onion and fry in oil. Once caramelized, add the red pepper to it and remove from the heat. Add to the beans, add more salt and savory. Stir everything and fill the peppers with the resulting mixture. Be careful not to break them when filling. Pour oil over the peppers filled in this way and bake for 30 minutes in an oven at 180 degrees.

RECIPES WITH BEAN ADZUKI

STUFFED ONIONS WITH ADBUKI BEANS

(Source: *kulinarno-joana.com*)

Necessary products:

4 large onion
50 ml of olive oil
1 carrot
1 red pepper
150 g of boiled azuki beans (raw - about 80 g)
one teaspoon of dried savory, mint and devesil
1/2 bunch fresh parsley
salt and pepper



Method of preparation:

Onions are peeled, and the side on which the roots are is cut to a minimum to preserve the integrity of the head while carving. The upper side is cut wider to make a large hole later in which the beans will be filled. On this upper side, the onion is carved, leaving a wall of 4-5 mm. Half of the carved onions, carrots and peppers are cut into small cubes. Heat the olive oil in a saucepan or deep frying pan. Sauté onions, carrots and peppers in it for 4-5 minutes, stirring occasionally. Add the beans, spices, salt and pepper to taste. Stir the stuffing briefly and remove from the heat. Finally, add the finely chopped parsley. Fill the onion with the stuffing and place in a pan. Pour a little water on the bottom of the pan. Bake the onion at 200 ° C for 45-50 minutes.

PROTEIN BISCUITS WITH BEANS

(Source: *Magi Pashova*)

Necessary products:

300 g azuki beans, cooked
30 g of raw cocoa
70 g of coconut oil at room temperature
20 g of honey - about 1/3 cup
40 g of quality dark chocolate
30 g of dried cranberries
2 tbsp. Chia seeds
1/4 tsp cayenne pepper
1/4 tsp sea salt



Method of preparation:

The seeds of chia are mixed with 4 tb sp. water and leave for 10-15 minutes to form a gel. In a bowl, mix the cooked beans, cocoa, coconut oil, salt and pepper. Blend until a homogeneous mixture and add honey and chia-gel. Stir again to obtain a homogeneous mixture. Add crushed pieces of chocolate and blueberries. A wide tray is lined with baking paper and with the help of a spoon cookies are formed by lightly pressing on top - when baking they will not change shape. Bake for 15 minutes in a preheated oven at 180 C. Store the finished cookies in the refrigerator.

GLUTEN-FREE BROWNY WITH RED BEANS ADZUKI

(Source: *menumag.bg*)

Necessary products:

1 tea cup red azuki beans
1 banana
50 ml strong espresso
1 sachet of baking powder
1 tsp vanilla sugar
150 g of melted dark chocolate
50 g butter
2 eggs
1 tea cup Brown sugar
200 g walnuts, coarsely ground



Method of preparation:

The beans are soaked for 12 hours, washed and boiled for about 40 minutes or until well softened. Drain and mash together with the banana and espresso. Add baking powder and vanilla sugar. Melt the chocolate in a water bath together with the butter. Beat the eggs and sugar until fluffy. Add the chocolate mixture while beating constantly. Add the beans together with the walnuts. Pour the dough into a tray lined with baking paper. Bake for about 30 minutes in an oven preheated to 180 ° C. Cool for 5 minutes in the tray and remove together with the paper to cool. Cut into squares and sprinkle with cocoa and powdered sugar.

JAPANESE MARBALAD FROM RED BEAN ADZUKI

(Source: Anataman blog)

Necessary products:

600 g of boiled red azuki beans
360 g of sugar
3 cloves
a pinch of cinnamon



Method of preparation:

The beans are poured into a blender and mashed by adding water to obtain a smooth and not too thick cream. Pour into a saucepan, add sugar, crushed cloves and cinnamon and simmer until thickened, about 15 minutes. It can be sealed in jars and sterilized in a water bath for about 20 minutes.

RECIPES WITH BEAN MUNG

BEAN MUNG AND CARROT SALAD

(Source: *bon apeti*)

Necessary products:

250 g green beans "Mung"
2 carrots
2 cloves garlic
1 hot green pepper
1 tsp cumin seeds
1 tsp coriander seeds
240 g of fresh white cheese
60 ml of olive oil
1 bunch parsley
1 lemon
salt and pepper to taste
olive oil for watering



Method of preparation:

Pour cold water over the beans and cook for about 30-35 minutes. Then drain and pour ice-cold water. Heat the olive oil in a pan and fry the finely chopped hot peppers (excluding the seeds) and garlic. Add the sliced carrots, as well as the coriander and cumin seeds previously crushed in a mortar. When the carrots are slightly soft, add the drained beans. Season with salt and pepper. After lightly frying, flavor with lemon peel and the juice of 1/2 lemon. Get off the fire. Serve with chopped parsley and diced fresh white cheese. Each portion is sprinkled with a little olive oil.

FRESH SALAD WITH BEAN MUNG

(Source: gotvach.bg)

Necessary products:

1 tea cup mung bean sprouts
2 tea cup spinach
2 tomatoes
50 g of cheese
3 tb sp. corn
1 stalk of dill
2 cloves garlic
lemon juice
ginger
curry
soy sauce



Method of preparation:

Spinach, tomatoes and dill are washed and chopped. Put in a bowl and add the sprouts and corn. Season with spices and stir. Grate the cheese on top. Salad can be used as a side dish to meat.

BEAN MUNG STEW

(Source: My candy kitchen)

Necessary products:

1 tea cup Bean Mung
1 onion
2-3 cloves of garlic
1 parsnip root
1 carrot
1 red pepper
1 slice of peeled grated ginger
2 tb sp. ketchup
a pinch of turmeric/curcuma
1-2 t.sp madagascar curry
1 t.sp cumin
1 bay leaf
sol
50 ml of olive oil



Method of preparation:

The beans are washed and placed in a bowl, filled with water (the water should be higher than the level of the beans) and left to stand for several hours. Drain, wash and drain well again. Wash the vegetables, peel the carrots and parsnips and cut them into cubes. Heat the olive oil in a saucepan and add the chopped vegetables (without beans) and the grated ginger. Add about 50 ml of water and place a lid.

Allow to simmer over medium heat until the vegetables are soft.

Add the ketchup, stir, add the dry spices and salt, stir, add the beans, stir again and pour about 3 tsp. water. Place a lid and simmer on a closed lid, over medium heat, until cooked through (about 30 minutes). Towards the end of cooking, remove the lid and cook for ten minutes.

BEAN MUNG WITH YELLOW CHEESE IN THE OVEN

(Source: *menumag.bg*)

Necessary products:

300 g bean mung
3 tablespoons olive oil
1 red onion, finely chopped
4 cloves garlic, chopped
100 g sausage, thinly sliced
4 roasted peppers, chopped
2 pinches smoked paprika
1 tsp fresh thyme
4-5 pickles, cut into circles
2 arabic breads, tortillas or handmade pastry crusts
200 g yellow cheese, coarsely grated
salt and pepper to taste



Method of preparation:

The mung bean is washed and simmered for 5 minutes. Drain, pour cold water and bring to a boil again. Remove from the heat and leave for 2 hours. Drain, pour cold water, add 1 tbsp. olive oil and cook for about 50 minutes on low heat until soft. Drain. Heat the remaining olive oil and put the onion and garlic in it, stir for 4-5 minutes over medium heat. Add the sausage, stir until fragrant, add the peppers and smoked pepper. Add the thyme. Everything is salted to taste and seasoned with black pepper. Stir in the cucumbers.

Bake the Arabic cakes at 180 ° C for about 10 minutes, until they turn slightly red and crispy. Cool and break into pieces. Pour the mung bean on the bottom of the pan and arrange the pieces of bread on top and on the sides. Sprinkle with grated yellow cheese. Bake in an oven preheated to 200 ° C until the yellow cheese melts and turns slightly red.

LENTIL RECIPES

LENTIL SALAD WITH TUNA

(Source: *az-jenata.bg*)

Necessary products:

1 tea cup carrots cubes
1/2 tea cup cubes of red onion
2 cloves crushed garlic
salt and pepper to taste
1 tea cup lentils - rinsed and squeezed
3 tea cup water
6 tb sp. olive oil
3 tb sp. lemon juice
1/4 tea cup chopped parsley
4 tuna fillets



Method of preparation:

Heat 1 tablespoon olive oil in a large pan, and add the carrots, red onion, garlic, salt and pepper. Fry for about 5 minutes. Then add the lentils and water, reduce the heat and stir. Allow to simmer for about 20 minutes. The mixture thus prepared is transferred to a bowl. Season with 3 tablespoons olive oil, 1 1/2 tablespoons lemon juice, parsley, and extra salt and pepper if necessary. Sprinkle 1 1/2 tablespoons lemon juice over the fish fillets and sprinkle on both sides with salt and pepper. In a large pan, heat 2 tablespoons olive oil and fry the tuna, turning on both sides until golden brown. Serve on a plate, garnished with prepared lentil salad.

LENTIL STEW

(Source: mila.bg)

Necessary products:

1 \ 2 lens package
a few sprigs of parsley
1 carrot
1 onion
about 10 cloves of garlic
2 tsp paprika
2 tsp sol
2 tsp savory
1-2 tomatoes
1 pepper
3-4 tbsp. fat
2 tbsp. Flour



Method of preparation:

Onions, garlic and carrots are finely chopped and stewed with fat and a little water. Add the washed lentils and red pepper, add 2-3 cups of water or broth and simmer for about 20 minutes. Add the grated tomatoes and finely chopped peppers and celery, the remaining spices and, if necessary, add more liquid. Boil a little more and add the flour diluted with water. After removing from the heat, sprinkle with chopped parsley.

RED LENTILS WITH VEAL MEATBALLS

(Source: Ivan Zvezdev)

Necessary products:

250 g red lentils
1/2 onion
1 medium carrot
150 g of sterilized tomatoes
celery stalks
oil
vinegar to taste
2-3 cloves of garlic
1/2 tsp of savory
sol

For the meatballs

200 g ground beef
1 egg white
1/2 onion
1/2 tsp savory
sol



Method of preparation:

To the red lentils add chopped onion, carrot, celery, savory. Add with 2-3 tbsp. oil, add whole garlic cloves. Pour 1.5 liters of cold water and salt. Boil until ready. Prepare the meatballs first chop the onion, mix with the minced meat and other products. Mix well, form 10-12 meatballs. Fry meatballs in slightly heated fat on both sides. Peeled and finely chopped sterilized tomatoes and savory are added to the half-cooked lentils. Add salt and part of the liquid is poured into the fry pan with the meatballs. Return back to the pan and cook for no more than 10 minutes. At the end, pour vinegar to taste.

CHICKPEA RECIPES

CHICKPEA AND PEA SOUP

(Source: Woman.com)

Necessary products:

250 g chickpeas
1 small can of peas
1 green pepper
1 red pepper
1 stalk of leek or 1 medium onion
1 1/2 liters of vegetable broth
1/2 bunch fresh parsley
1 tbsp. vinegar
6-7 tbsp. oil
salt, black and red pepper to taste



Method of preparation:

Chickpeas are soaked from the night before in water. Heat the fat and lightly fry the chopped peppers and leeks (or onions). When soft, add peas, vegetable broth and squeezed chickpeas. Reduce heat and simmer until chickpeas are soft. At the end of cooking add vinegar, salt, black and red pepper. Remove from the heat and sprinkle with finely chopped parsley.

CHICKEN WITH CHICKPEAS AND VEGETABLES

(Source: Thinkstock/Guliver)

Necessary products:

8 chicken filet (legs)
1 tbsp. olive oil
1/2 tsp salt
2 pinches ground black pepper
1 head onion old
2 cloves garlic old
2 tbsp. tomato paste
2 canned chickpeas
1 tsp “Harissa” hot sauce
1/2 tsp chicken broth
1/2 bunch fresh parsley
1 lemon



Method of preparation:

Preheat the oven to 220 C. In a large fireproof pan (to be cooked in the oven) or fry pan heat the olive oil. Season the chicken with a little salt and pepper and fry on both sides. Transfer to a bowl. Drain the fat from the pan, leaving very little. Add onion and garlic and sauté for about 3-4 minutes. Add the tomato paste and the pre-cut and drained eggplant, then the chickpeas, harissa sauce and broth. Allow to simmer. Add the chicken and cherry tomatoes to the chickpeas and put in the oven. Bake until ready, about half an hour, depending on the oven. Serve with parsley and lemon.

HOT HOMEMADE HUMUS

(Source: newspaper "24 hour")

Necessary products:

800 g canned chickpeas
80 ml (1/3 tea cup) fresh lemon juice
1/4 tea cup sesame tahini
2 cloves garlic
1/8 tsp hot red pepper
1 and 1/4 tsp. salt



Method of preparation:

Grind the pre-cleaned garlic cloves in a food blender. Add the drained chickpeas and 1/4 tea cup of canned liquid. Add lemon juice, sesame tahini, hot pepper and salt. Everything is ground to a homogeneous mixture. Homemade hummus is served with vegetables.

CHOCOLATE CAKE WITH CHICKPEAS

(Source: zajenata.bg)

Necessary products:

1 cup pitted dates
2/3 cup water
1 tsp baking soda
1 can of chickpeas
1/2 cup fine oatmeal
5 tbsp. sugar
1/3 tsp sol
1 tsp baking powder
1/4 tsp baking soda
2 tbsp. Apple juice
1/3 cup fresh milk
1.5 tbsp. oil or olive oil
1/2 tbsp. vanilla extract
1/2 cup chocolate chips (crushed chocolate)



Method of preparation:

Preheat the oven to 175 degrees and grease a round cake pan with a removable bottom. In a small bowl, mix the dates and water and heat over high heat until boiling. After the water boils, add 1 tsp. baking soda and mix well. The mixture should start to foam; leave to boil for another 1-2 minutes, then remove from the heat. While the dates are cooling, the dry ingredients (except chocolate) are mixed in a large bowl. In a separate bowl, mix the apple juice, milk, oil, vanilla and chilled mixture with the dates. About 1/2 of the dry ingredients and 1/2 of the wet ones are blended as smooth a mixture as possible. The mixture is scooped into a bowl and the process is repeated with the other wet and dry products. The chocolate chips are mixed in the resulting mixture and the dough is poured into the greased form. Bake for 35-40 minutes. Allow to cool for 15 minutes before removing from the pan.

SOYBEAN RECIPES

SOYBEAN MORSEL

(Source: Gotvach.bg)

Necessary products:

300 g soybean morsel
1 onion
1 red pepper
150 - 200 g of mushrooms
80 ml of oil
2 tbsp. flour
3 - 4 tea cup soy milk
1 tsp nutmeg
Himalayan salt to taste
white pepper ground to taste
3 sprigs of dill or parsley



Method of preparation:

Soybean morsels are soaked in salted water according to the instructions on the package to swell. Heat half of the fat in a saucepan on the stove and fry the finely chopped onion, and after it softens, the pepper and mushrooms. Once the vegetables are soft, add the soy morsels, stir and add a little spice to taste. At the same time, heat the remaining fat separately and fry the flour in it. Dilute with warm soy milk until a slightly thick bechamel sauce is obtained. Stir and as soon as it thickens, season with nutmeg and a little salt and white pepper. Béchamel sauce is added to vegetables and already cooked soy morsels. Stir and after a few minutes remove from the heat. Serve the soy morsels with a little chopped dill or parsley.

BUCKWHEAT SPAGHETTI WITH PORK RIBS AND SOYBEANS

(Источник: *Kulinarno.bg*)

Necessary products:

4 portions of Chinese buckwheat spaghetti
gravy sauce from pork ribs
800 g pork ribs
1-2 tbsp. salted soybean pods, crushed
3-4 tsp chopped garlic
3 red chillies (sliced)
1 tsp crushed ginger
black vinegar
Sesame oil

For marinating:

1 tsp cane sugar
1 tbsp. Chinese wine for cooking
white pepper
1-2 tsp cornstarch
1 tsp dark soy sauce



Method of preparation:

Marinate the pork ribs for at least 1 hour in the refrigerator. Heat a little oil and fry, stirring the garlic, chili, soybeans pods and ginger until the aroma is felt. Add the spices and stir. Place the marinated pork ribs in a slow cooker and cover with the garlic mixture. Cook for 45 minutes on high heat, then reduce to low and cook for 1-2 hours. Cooked spaghetti is stirred in the gravy of the cooking vessel and served with ribs and favorite vegetables, garnished with chopped green onions.

SPINACH SALAD WITH TOFU (SOY CHEESE)

(Source: Ezine.bg)

Necessary products:

500 g spinach
200 g of tofu
1 bunch fresh onions
salt
oil
vinegar
1 tbsp sesame seeds



Method of preparation:

Spinach is removed from the roots and yellowed leaves, washed well and chopped. Blanch in a colander for 10-15 seconds in boiling water and rinse immediately in front of cold running water. Allow to drain. Tofu cubes are fried with a little hot oil and spices to taste. Already fried, add to the tofu and stir gently. Add chopped onion, salt, oil and balsamic vinegar to taste to the salad. The spinach salad with tofu is served with a little roasted or raw sesame.

THAI SOUP WITH TOFU AND SOYBEAN SPROUTED SEEDS

(Source: 1001 recipes)

Necessary products:

1 liter of chicken broth
450 g of tofu
1 tsp soybean sprouts
1 tbsp. fish sauce
1/2 tsp sol
1/2 tsp white pepper
1 onion
1 tbsp. coriander
10 mushrooms



Method of preparation:

The broth is kept on medium heat. Add the mushrooms, tofu and finely chopped onion and simmer the soup until the soy cheese softens. Then add the remaining ingredients and boil the dish for another 1-2 minutes.

RECIPES WITH PEAS

PEA AND CELERY SOUP

(Source: mila.bg)

Necessary products:

4 unpeeled garlic cloves
750 g finely chopped celery
1 large potato finely chopped
1 onion finely chopped
2 tea cup chicken broth
2/3 tea cup liquid cream
3/4 tea cup milk
2 tbsp. finely chopped green onion feathers
250 g canned peas
10 g of oil
yogurt for serving



Method of preparation:

The oven is preheated to 220 ° C, if it is blown - to 200 ° C. Put the garlic on the grill. Bake for 15 minutes. Mix celery, potatoes, onions, broth and 2 tea cup cold water and put in a saucepan over medium heat. Squeeze the garlic on the mixture, cover and bring to a boil. Once this is done, the temperature is reduced to a minimum. Allow to simmer for 45 minutes. The all ingredients is mashed and returned to the stove over low heat. Heat the oil to a high temperature and add the peas for 2 minutes. Squeeze on kitchen paper. Add the cream and milk to the soup. After 5 minutes, season with salt and pepper. Each portion is sprinkled with green onions, a little olive oil and 1 tbsp. peas and 1 tbsp. yoghurt.

PEAS BALLS WITH CHEESE

(Source: *Gotvach.bg*)

Necessary products:

1 large can of peas
4 eggs
150 g of yellow cheese
a few sprigs of dill
2 cloves crushed garlic
7 tbsp. flour
7 tbsp. breadcrumbs
salt and pepper to taste
frying oil



Method of preparation:

The peas are percolate and mashed. To it add the garlic, grated yellow cheese, 1 egg, finely chopped dill, breadcrumbs (if the mixture becomes too thin, you can add more breadcrumbs) and salt and pepper to taste. Stir well and leave to rest for 30 minutes, after which the mixture is formed into balls, which are dipped successively in flour, egg and flour again and fry on both sides in heated oil.

PEAS WITH MEAT AND POTATOES

(Source: *Gotvach.bg*)

Necessary products:

500 g beef
1 onion
2 carrots
3 medium-sized potatoes
500 g canned peas
2 bay leaves
a few grains of black pepper
salt
1200 ml of water
parsley for sprinkling



Method of preparation:

Boil the veal in 1 1/2 liters of water together with the coarsely chopped onion, two whole carrots, 1/2 bay leaf, a few grains of black pepper and salt. The cooked meat is filtered from the broth and deboned if necessary. Cut into pieces together with the carrots and return to the hot broth. Add the sliced potatoes and peas, after which the dish simmers until fully cooked. The finished peas with meat and potatoes are sprinkled with chopped parsley.

PEAS IN INDIAN

(Source: *mila.bg*)

Necessary products:

3 tbsp. oil
2 tsp ground coriander
1/2 tsp cumin seeds
1/2 tsp turmeric
1/8 tsp cayenne or hot red pepper
2 and 1/2 tsp. frozen green peas
1 tsp milk
1 tsp sea salt



Method of preparation:

Heat the oil in a saucepan over high heat. Add all the spices and fry for 1-2 minutes or until the cumin seeds turn brown. Add the peas and mix well. Cover the pot with a lid and reduce the heat to a minimum. Stew for 5 minutes or until soft and almost all the liquid has evaporated. Pour the milk and salt. Bring to a boil and reduce the heat to low again. Cover the pot again with a lid and simmer for 5 minutes. Increase the heat to medium and cook the peas for another 6-8 minutes until thickened, stirring occasionally.

FABA BEAN RECIPES

POTATO SOUP WITH FABA BEAN

(Source: Gotvach.bg)

Necessary products:

2 tbsp. olive oil
2 chopped onions
3 sliced potatoes -
450 g of faba beans
7 1/2 tsp vegetable broth
1 bunch coriander
2/3 tsp cream
salt and pepper



Method of preparation:

Heat the olive oil in a deep frying pan and fry the onion inside for about 5 minutes, stirring occasionally. Add the potatoes and most of the beans (leave a few grains to garnish the soup). The broth is poured inside and the soup is put to boil. Wait for 5 minutes and add the coriander, then boil for another 10 minutes. The soup is mashed with a blender and seasoned with salt and pepper. Pour the cream inside and let it simmer a little longer. The soup prepared in this way is served sprinkled with coriander, few faba beans grains and cream.

SALAD WITH FABA BEANS AND FETA CHEESE

(Source: Gotvach.bg)

Necessary products:

900 g of beans
4 tbsp. olive oil
175 g tomatoes
1 tea cup sliced feta cheese
4 cloves crushed garlic
3 tbsp. chopped dill
12 olives
salt and pepper



Method of preparation:

Boil the beans in boiling, salted water until soft. Then drain and set aside. Meanwhile, heat the olive oil and put the tomatoes and garlic inside. Fry until the tomatoes change color. Add the feta cheese to the pan and mix well. Fry for another minute. Then add the remaining mixture - drained beans, dill and olives. Season with salt and pepper. Transfer the salad to a bowl, stir and serve. If desired, it can be sprinkled with dill on top.

KISH WITH ARTISHOCK AND FABIA BEAN

(Source: Gotvach.bg)

Necessary products:

butter dough

300 g flour
1/2 tsp sol
125 g butter in pieces
4 - 6 tbsp. ice water

stuffing

1 stalk green onion finely
4 tbsp. olive oil
150 g of faba beans
180 g of artishock
salt and pepper to taste
3 tbsp. dry white wine
7 tbsp. Ricotta cheese
3 pcs eggs
1 tbsp. finely chopped thyme



Method of preparation:

For the butter dough - the flour and salt are sifted. Use a blender to break up and rub the butter until the mixture looks like crumbs. Add the water. Knead quickly to make a firm dough. The crumbs are collected and formed into a ball. Wrap in plastic wrap and refrigerate for 1 hour. The oven is preheated. Prepare a baking dish with a diameter of 25 cm. Fry the green onions on low heat for about 5 minutes. Add the beans and artichokes. Sprinkle with salt and pepper. Add the wine and simmer for another 10 minutes. Stir in the ricotta, eggs, thyme, salt and pepper. Roll out the dough with a thickness of 5 mm on a floured surface. Spread the dough in the prepared pie tin, cutting off the protruding edges. The whole surface is perforated with a fork. Arrange the vegetables in the dough and pour the ricotta mixture over them. Bake for about 25-35 minutes, until it changes color to golden brown.

FABA BEAN WITH WILD PLUM AND RICE

(Source: Gotvach.bg)

Necessary products:

800 g of faba beans

2 green onions

7 - 8 wild plum

1/2 tea cup rice

paprika

mint

oil

salt



Method of preparation:

The beans are cleaned and washed. Put in boiling salted water for about 5 minutes, so the black water comes out. Remove and rinse. Fry the onion in a saucepan and add the beans. Sprinkle with paprika and add water. So boil a little and add the junk and rice. When the rice is cooked, add salt and sprinkle with mint.

GREEN BEAN RECIPES

CREAM SOUP OF GREEN BEANS AND PARMESAN

(Source: *Kulinaria.bg*)

Necessary products:

300 g green beans
50 g of grated yellow cheese
salt to taste
1 tbsp. curry
1 tbsp. olive oil
3 tbsp. sour cream
1 cube vegetable broth
750 ml of water
40 g grated parmesan
1 clove garlic



Method of preparation:

Stew the green beans together with the garlic for 3 minutes in olive oil. Add the water and the broth cube. Boil for 15-20 minutes after boiling. Then it is mashed with a blender. Put on low heat and add parmesan and cream, and stir until smooth. Add salt to taste and add the curry. The soup is served hot with grated yellow cheese and croutons.

GREEN BEANS WITH EGGS IN THE OVEN

(Source: Gotvarski.com)

Necessary products:

2 onions
2 roasted peppers from a jar / fresh
1/2 cup fat
3-4 tomatoes from a jar / fresh
1/2 bunch parsley
1 jar of green beans
5 eggs
1 cup yogurt



Method of preparation:

Fry 2 chopped onions and 2 chopped roasted peppers from a jar (or fresh) in 1/2 cup fat, add 3-4 chopped tomatoes from a jar (or fresh) and 1/2 bunch parsley, also finely chopped. Add 1 jar of green beans and add a little warm water, mix well and pour into a pan. Drizzle the dish with 5 eggs, beaten with 1 cup of yogurt and bake in a strong oven until a reddish crust forms.

GREEN BEANS WITH QUINOA

(Source: Ezine.bg)

Necessary products:

125 g of quinoa
150 g of green beans
1 onion
2 cloves garlic
2 dried tomatoes
4 - 5 tbsp. olive oil
1 tsp paprika
2 tsp dried dill (4 sprigs fresh)
1 tsp basil
1 dry pepper
salt to taste



Method of preparation:

Place the quinoa in a suitable saucepan, fill with water and bring to the boil. Add the dried tomatoes, pre-chopped and cook until cooked over low heat. Onions and garlic are cleaned and finely chopped. Season with salt and red pepper, add green beans and pour enough water to cover them. Vegetables are cooked for about 15-20 minutes on low heat under a lid. Boiled and drained quinoa is added to the cooked green beans. Sprinkle the dish with dried dill and basil, sprinkle with dried pepper and simmer for about 10 minutes on low heat.

SALMON WITH GREEN BEANS AND HORSERADISH SAUCE

(Source: mila.bg)

Necessary products:

200 g green beans
800 g salmon fillet
5 tbsp. horseradish paste
juice and peel of 1 lemon
fresh onion finely
1 clove garlic finely

Horseradish paste

1 tea cup sour cream
1/4 tea cup grated horseradish
1 tbsp. Dijon mustard
1 tsp white wine vinegar
1 tsp salt
1/4 tsp freshly ground black pepper



Method of preparation:

To prepare horseradish paste, mix the cream, horseradish, mustard, vinegar, salt and pepper. The prepared mixture is mixed with the remaining spices. Beans are lightly salted and put to stew. Season the fish with salt and pepper and bake in a hot pan on both sides for a few minutes. Part of the dressing is poured over the beans while still warm, and served with roasted salmon. Sprinkle with the remaining sauce on top.

PEANUT RECIPE

ASIAN SALAD WITH PEANUTS AND HOT PEPPERS

(Source: *ezine.bg*)

Necessary products:

100 g peeled and roasted peanuts
200 g white radish
1 red pepper
2 - 3 red hot peppers
1 handful of blanched green beans
50 ml light soy sauce
50 ml of olive oil
4 tbsp. vinegar
1 tsp paprika
Salt



Method of preparation:

The seeds of the hot peppers are removed and they are soaked in water until well softened. Stir together the soy sauce, olive oil, vinegar, a pinch of salt and paprika. Grate the turnips on a fine grater, cut the peppers into thin slices and blanch the green beans for 4-5 minutes. Mix together the turnips, green beans, peppers, mix with the dressing and sprinkle generously with roasted peanuts and chopped hot peppers.

IMPERIAL CHICKEN

(Source: ezine.bg)

Necessary products:

200 g chicken breast
1/2 ginger root
2 tbsp. soy sauce
1 piece of dried hot peppers
2 carrots
50 g of raw or cashew peanuts
1 onion
1 piece of green peppers
100 ml chicken broth
1 tsp starch
Salt



Method of preparation:

Cut the chicken into cubes and sprinkle with soy sauce and finely chopped ginger. Leave to mature for about 30 minutes to taste. Heat oil in a pan and fry the peanuts with the crushed hot pepper. Remove from the fat and fry the sliced vegetables as well. After them, fry the chicken pieces. When they are ready, add all the other products and sprinkle with the chicken broth in which the starch is dissolved. Season with salt and Chinese spice wei jing (1 tbsp). Imperial chicken is served hot.

PEANUT TART

(Source: *mila.bg*)

Necessary products:

12 large wholemeal biscuits
6 tbsp. butter
pinch of salt
1 3/4 tea cup thick cooking cream
1 tsp peanut butter
200 g cream cheese
1/3 tsp sweetened condensed milk
nuts of choice



Method of preparation:

The biscuits are placed in a plastic bag with a zipper and kneaded with a rolling pin or broken in a bowl with your hands. Add the melted butter and knead the biscuit crumbs with it so that it absorbs everywhere. If necessary, add more oil. The crumbs are poured into a form with unclipping and the amount is distributed evenly by lightly pressing the bottom and the walls. Place the form in the freezer while the stuffing is ready. Peanut butter, cream cheese, salt, sweetened condensed milk are mixed, setting aside 2 tbsp. from the milk aside. Beat well with a mixer or in the bowl of a food processor until a homogeneous mixture is obtained. In a separate bowl beat 1 tsp. cream until fluffy cream. Add the peanut mixture to it and mix with a spatula. Remove the form from the freezer, unclip, release the tart and spread with peanut butter. The rest of the cream is whipped with the milk set aside and spread on top. Leave in the refrigerator to cool for at least 2 hours. Sprinkle with salted roasted peanuts if desired. The dessert can be prepared with a classic butter tart dough instead of a biscuit base. Bake in advance and fill in the same way with peanut and cream. Broken peanuts can also be added to the cream.

PEANUT BUTTER COOKIES

(Source: mila.bg)

Necessary products:

1/2 tea cup margarine or butter
1/2 tea cup peanut butter with pieces of peanuts
3/4 tea cup Brown sugar
1 egg
3 vanilla powders
1 tea cup ground oatmeal, not fine
3/4 tea cup flour
1 equal teaspoon of soda
1/3 tsp salt



Method of preparation:

Mix the two oils with the sugar, add the egg, vanilla and dry ingredients. If you don't have a mixer, don't worry - this mixture is easy to mix even with a wooden spoon. The oven is heated to 180 ° C. Cover the tray with baking paper and with the help of two teaspoons form piles as big as a walnut at a distance from each other, because the sweets spill. Bake until the edges turn red.

TONKA BEAN (DIPTERYX ODORATA) RECIPES

ALMOND BISCUITS WITH MAHLEPI AND TONKA BEANS

(Source: kulinarno-joana.com)

Necessary products:

250 g soft butter
200 g sugar
1 egg from free-range hens
1/2 teaspoon freshly grated tonka beans
1/2 teaspoon freshly ground mahlepi (mahleb)
450 g of flour
10 g baking powder
1/2 teaspoon salt
100 g of almond flour or the same amount of
finely ground blanched almonds
150 g sour cream



Method of preparation:

Beat the butter and sugar with a mixer. Add the egg and spices. They break well. Pour the sour cream a little, continuing to mix with the mixer. Separately mix the flour, baking powder, salt and almond flour. A portion of the dry ingredients is added to the butter-egg mixture. Stir with a wooden spoon. Add another portion and mix again until a soft dough is formed. Pour on a work surface and knead with the rest of the flour mixture. The dough is wrapped in foil for fresh storage and cooled for 30 minutes to 1 hour in the refrigerator. Preheat the oven to 180 ° C. The dough is rolled out on a floured surface 7-8 mm thick. Biscuits in different shapes are cut from it. Arrange in a tray on baking paper. Bake for 10-12 minutes, depending on the size of the sweets. They should remain white or slightly pink in color. Once removed from the oven, allow to cool completely. The sweets can be glued with rosehip jam or quince jelly.

MARBLE CAKE WITH TONKA BEANS

(Source: *gotvach.bg*)

Necessary products:

4 eggs
1.5 tea cup of sugar
3/4 tea cup oil
1 tea cup yoghurt
3 tea cup flour
1 baking powder
1 pod of tonka beans
2 tbsp. cocoa
walnuts on request



Method of preparation:

Beat the eggs with the sugar until you get a nice and fluffy cream. Add the yoghurt, oil and gradually sifted flour with baking powder. Grate about 1 tbsp. from the pod thin beans and mix. Cocoa is added to 1/4 of the mixture. The white mixture (3/4) is poured into a greased and sprinkled with a little flour cake pan. Pour the zigzag cocoa mixture on top. The cake is baked in an oven heated to 180 ° C for about 45-50 minutes.

CHOCOLATE FUGE WITH HAZELNUTS, COCOA PIECES AND TONKA BEANS

(Source: *kulinarno-joana.com*)

Necessary products:

200 g sugar
1 can of sweetened condensed milk (397 g)
50 g of butter
50 g cocoa butter
100 g dark chocolate
100 g whole, raw hazelnuts
30 g crushed cocoa beans (raw cocoa pieces)
1/2 teaspoon vanilla essence
1/2 teaspoon freshly grated tonka beans



Method of preparation:

Cover a small baking tray with baking paper. The paper is sprayed with baking spray or smeared with oil. I used a tray measuring 24 × 18 cm. In a saucepan, mix the sugar, sweetened condensed milk, butter and cocoa butter. Put on a moderate heat and stir until everything melts and becomes a homogeneous mixture. Reduce heat and stir vigorously until boiling. You should not look away and stop stirring, because the mixture can easily burn.

When it boils, add the grated chocolate. Stir until melted. Remove the pan from the heat and add the hazelnuts, crushed cocoa beans, vanilla and grated tonka beans to the mixture. Stir well and immediately pour the mixture into the prepared pan. Distribute evenly and smooth the surface. Allow to cool to room temperature. Cover the pan well with foil for fresh storage and refrigerate for 3-4 hours until the mixture is firm, or overnight. When the chocolate fudge hardens, carefully transfer it to a cutting board (along with the baking paper) and cut into squares with a sharp knife. Store in a tightly closed box in a cool place.

TRUFFLES WITH TONKA BEANS

(Source: chronicle.bg)

Necessary products:

300 g chocolate (60% cocoa content)

130 ml of liquid cream

1/2 tonka bean

1 vanilla

30 g honey

40 g butter

cocoa powder for rolling truffles



Method of preparation:

Put the cream on the stove and bring to a boil. After boiling, remove from the heat and add the crushed chocolate. Grate half a tonka beans and add the vanilla. Stir the mixture until the chocolate is completely melted. Add honey and stir. Finally, add the butter. Stir until smooth. The mixture thus obtained is placed in a refrigerator for 3 hours, after which truffles are formed from it, which are rolled into cocoa powder. The candies are stored in the refrigerator for another hour.

CAROB BEAN RECIPES

CAROB BEAN DESSERT

(Source: phood-tales.com)

Necessary products :

1 cup locust bean flour
1 cup coconut shavings
1 cup sesame seeds
about 13 tsp. coconut oil
about 10 full teaspoons honey



Method of preparation:

Mix the dry ingredients, add the butter and honey, and knead by hand. It has to be something like dough that can be rolled out. When spread, cut with a cookie cutter, or just form balls. No need to tighten in the refrigerator.

LENTEN CAKES WITH COFFEE AND LOCUST BEAN FLOUR

(Source: pep-4o)

Necessary products :

1 and 1/2 tea cup flour
1 tea cup sugar
1/4 tea cup locust bean flour
1/3 tea cup oil
230 ml brewed coffee (or instant coffee)
1 tsp apple cider vinegar with 1 tsp. baking soda
vanilla
and a pinch of salt



Method of preparation:

Preheat the oven to 180 ° C. The flour and sugar are mixed. Add the vanilla and salt, mix. A well is made and coffee, oil and vinegar are poured in with the baking soda dissolved in it. Gets mixed. Pour the mixture into an oiled pan or covered with baking paper). Bake in the preheated oven for about 25 minutes.

CHRISTMAS CREAM WITH PUMPKIN, HONEY AND LOCUST BEAN FLOUR

(Source: drugata-realsnost)

Necessary products:

300 g raw, squeezed pumpkin
2 tbsp. Tahini
2 tbsp. honey
30 g carob/locust flour
50 g ground walnuts



Method of preparation:

All products are mixed using a blender or mixed with a spoon. Crushed walnuts can be added to garnish the delicate texture of the cream.

HEALTHY PANCAKES

(Source:gotvach.bg)

Necessary products:

100 g of fine oatmeal
2 eggs
1 tbsp. Locust flour
300 ml of water
coconut oil - a little optional



Method of preparation:

The nuts are ground into flour. Beat the eggs, add the carob/locust and nuts. Add a little water until a good mixture is obtained. Leave to stand for a while in the refrigerator. Then bake in a non-fat Teflon pan.



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