Beans with Lamb French-Style



Beans in a little different way, I could never expect that beans with these ingredients would be so good, I could bet, nobody would ever try them. When I cooked them for the first time, my family were delighted and since then French Beans have been more often on our menu than ordinary beans.

INGREDIENTS :

250 g . of white beans

400 g . of courgettes

3 – 4 big carrots

500 ml . of tomato puree

600 g . of lamb (veal)

2 big onions

2,5 L . water

½ of small spoon of pepper

Salt (to your taste)

3 cloves of garlic

300 g pancetta (or some other sort of dried meat)

50 ml . of oil

1 bay leaf

1 rosemary twig

1 spoon of Vegeta

1 spoon of ground red pepper

1 small spoon of thyme

INGREDIENTS IF NEEDED :

1 – 1 ½ spoons sugar

2 spoons of flour + 60 ml of water (to dissolve the flour)

PROCEDURE :

1 . clean the beans, rinse them and leave them in water overnight …

2 . clean the onions and cut them into tiny cubes …

3 . rinse the courgettes and cut the ends off, cut them into four pieces, to get a triangle-form. Cut the courgettes ca. 1 cm thick …

4 . clean the carrots and cut them into cubes ca 1 x 1 cm …

5 . cut the meat into strips or bigger cubes …

6 . fry the meat on preheated oil on high temperature for some 10 min. and then put it on a plate …

7 . fry the onions, pancetta, carrots and garlic on the same oil for ca. 10 minutes and then put the meat back into the pot and stew for another 5 min . …

8 . now add the beans together with water where they were during the night, add tomato puree and all spices …

9 . mix well, cover the pot, when the stew boils, reduce the

temperature to medium and cook for ca. 45 – 60 min (it depends on beans) STIR THE BEANS OCCASSIONALLY !

10 . when the beans are cooked, add the courgettes cut into stripes and cook for just 15 – 20 min. (it depends upon how you have cut the courgettes) …

11 . try to make sure that there are enough spices and if the beans are sour add a little sugar (a little, be careful not to put too much) …

12 . if you want your beans to be thicker, dissolve flour in water and when it boils, pour it slowly into the stew with quick stirring to avoid appearance of lumps, let it boil one more time and put away from the heat …

NOTES AND ADVICE :

1 . Add dissolved flour only if you are not satisfied with thickness, if you are, skip this procedure.

2 . Add sugar only if needed, it always depends on the tomato puree you use and how sour it is.

3 . Be careful to cut courgettes into cubes of approximately same size, so that they can be equally cooked.

4 . Courgettes MUST NOT be overcooked.









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