

# Slow-Cooked Tuscan White Beans

*The budget dinner restaurants quietly imitate. Beans cooked low and slow in good oil with garlic and herbs, finished with a generous raw pour.*



SERVES

4

PREP

Soak overnight

COOK

1 hr 30 min

## Ingredients

250 g dried cannellini beans

3 garlic cloves, lightly crushed

6 fresh sage leaves

1 sprig of rosemary

4 tbsp extra virgin olive oil, plus a generous pour to finish

1 tsp sea salt

1 pinch black pepper

4 thick slices crusty bread, to serve

## Method

### 1 Soak the beans

Cover the dried cannellini beans with plenty of cold water and leave them overnight, or at least 8 hours. They will roughly double, so give them room. Drain and rinse before cooking.

### 2 Cook them low and slow

Put the drained beans in a heavy pot with the garlic, sage, rosemary, and olive oil. Cover with cold water by a couple of inches. Bring barely to a simmer, then drop the heat as low as it will go. You want the surface to just tremble, not boil. Let them go gently until completely soft and creamy inside, about ninety minutes.

### 3 Season at the end

Only now add the salt. Salting at the start keeps the skins tough, so it always waits until the beans are tender. Taste and adjust, then let them sit a few minutes to take the salt in.

### 4 Finish and serve

Ladle the beans into bowls with a little of their own broth. Add a generous pour of raw olive oil over each, a pinch of black pepper, and serve with the bread for catching every last bit. That is the whole dinner.

### From Elara's kitchen

Two things make this dish: salting only near the end, and finishing with raw oil off the heat so it stays fragrant. Weeknight shortcut: skip the soak and slow cook, and use two 400 g cans of cannellini, drained, simmered fifteen to twenty minutes with the garlic, herbs, and oil, then salt and finish the same way. The leftovers are even better the next day, at room temperature, on toast.