



The Bean Book

Roy F. Guste Jr.

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From a celebrated restaurant owner and cookbook author, a book of delicious recipes exploring the endless possibilities of the world's most versatile food.

Beans?from the dawn of civilization they have been cultivated. They are one of the world's most nutritious and versatile foods. These legumes, along with peas and lentils (a group of legumes also known as "pulses"), are a staple food in virtually every country. In addition to cooking dried beans, the plant's leaves are eaten as green vegetables in some places, as are the immature pods. Fresh beans are removed from the pods and eaten, and beans dried in the pod and stored for future use are used to grow sprouts, or they are cooked. In some early cultures, beans were even used as currency.

The recipes in this book are as varied as the people who created them, and they suggest a culinary trip around the world. The names are a giveaway?Red Bean, Crab, and Leek Soup; Bourbon and Black Bean Pie; Turkish White Haricot Salad; Lebanese Fava Bean and Chickpea Croquettes; Garlic and Basil Chickpea Tart; Syrian Lentil-Stuffed Cabbage Rolls. The book provides a wealth of bean recipes, along with nutritional analyses, and a "lighter" version of each recipe for those on restricted diets.

In his introduction, noted cookbook author Roy Guste Jr. discusses the history and nature of beans, describing the various types and the many methods of preparing them for use. While the number of different beans is vast (and their different names even more vast), Guste has simplified the categories by including the most frequently encountered names in this country. No cook's shelf should be without this book.

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