

White Beans and Spinach - Andrew

Ingredients

- 500 g (1 lb) beans
- 8 cloves garlic
- 6 bay leaves
- 2 l chicken stock
- 3 large bags of spinach

Method

1. Brine beans in 2 l water and 25 ml salt (1.5 tbsps) overnight.
2. Drain beans, add to pot with 2 l of chicken stock, salt to taste (if using unsalted broth), bay leaves, and garlic in an herb keeper (to make it easier to remove them later).
3. Cook until soft 1 to 2 hours.
4. Drain, reserving stock. Add bay and garlic put through a strainer. The reserved stock mixture can be used for pork ragout.
5. Wilt spinach in a bit of olive oil. Keep adding spinach until it is all wilted. Season with salt.
6. Add beans and stir to mix well and heat through.

Notes

- Beans make a good side dish for pork ragout, but can be used with other dishes – e.g. lamb roast or chops...