

Borlotti Bean Salad Recipe

Serves: 4 | **Prep Time:** 20 Min | **Cook Time:** 55 Min | **Difficulty:** Easy



INGREDIENTS

- 8 ounces (500 grams) of dried Borlotti beans
- 2 Red Tropea Onions
- 4-5 Anchovy filets packed in oil
- 5 fresh Sage leaves
- 2 cloves of Garlic
- 1 bunch of Parsley (optional)
- Extra Virgin Olive Oil
- Salt, Black Pepper

DIRECTIONS

1. The night before, put the dried beans in a large bowl covered with cold water and let sit overnight.
2. Place the rehydrated beans in a saucepan with plenty of cold water, add the sage and the peeled garlic cloves and bring to a boil.
3. When it starts to boil, lower the heat and cook the beans with just barely boiling water for about 45 minutes. If you used a different bean, this timing might vary, so you'll need to taste them as they cook.
4. While it is boiling, peel the onion, cut it into very thin slices and soak them in a bowl with cold water for 30 minutes.
5. Combine 4-5 tablespoons of oil and the anchovy filets in a small pan, dissolve the anchovies over a very low heat and turn off.
6. Salt the beans with 5-10 minutes of cooking time remaining, set aside a 1/4 cup of the cooking water, drain the beans and leave them to cool in a bowl.
7. Season the beans with the anchovy sauce, a couple of spoons of their cooking water and the onions after being drained and dried with paper towels.
8. Mix, season with salt and freshly ground pepper to taste and a little parsley.