



## RECIPE OF THE WEEK: 28/03/2022

### Fasolada (White Bean Soup)

Tomatoes, olive oil and dried beans; the rich harvest of many a country family in Greece. Some people consider fasolada to be the national dish of Greece and Cyprus; it is certainly a staple diet in many homes as it is economical and healthy. It is a hearty, rustic, homely soup, good for a cold winter's day. Pour a copious amount of oil over the soup at the end to result in a thick, creamy and velvety dish.

#### Ingredients

4 to 6 portions

500g dried, white haricot beans  
6 tbsp extra-virgin olive oil  
2 medium onions, peeled and finely chopped  
3 carrots, peeled and finely chopped  
2 celery stalks and celery tops, finely chopped  
2-3 garlic cloves, peeled and finely sliced  
(optional)  
2 tbsp tomato puree  
2 ripe tomatoes; skinned and roughly  
chopped or 1 x 400g canned chopped  
tomatoes  
2 bay leaves  
½ tsp dried oregano (optional)  
juice of 1 lemon  
sea salt and freshly ground black pepper



#### To garnish

1 handful fresh flat-leaf parsley, roughly chopped

#### Method

1. Place the beans in a large saucepan, completely covered in cold water and soak overnight.
2. Rinse them well and place them in a large saucepan with enough water to cover and parboil for 15 minutes. Drain them. Bring them to the boil, skimming any foam from the surface with a spoon.
3. Put 3 tbsp olive oil in a casserole with a heavy base and sauté the onions, carrots, celery and garlic, if using for 5-6 minutes, until soft and golden. Add the tomato puree and sauté for another 1-2 minutes and then add the tomatoes, bay leaves and oregano, if using. Season well with salt and freshly-ground black pepper.
4. Pour the drained beans onto the vegetables and cover with hot water. Place and lid on top of the casserole and boil over a low-medium heat for 30-35 minutes, until the beans are soft. Squeeze in the lemon juice 5 minutes before taking the pan off the heat and stir. Drizzle the remaining extra-virgin olive oil over the soup.
5. Pour into soup bowls, garnish with chopped parsley and serve with country bread or koulouria (sesame seed bread rings), olives, feta or salted anchovies.