



**RECIPE OF THE WEEK: 10/05/2021**  
**Hirines Brizoles Me Fasolia Gigantes**  
**(Pork Chops with Beans in Tomato Sauce)**

Fasolia gigantes or "giant" beans are a type of beans similar to butter beans which are uniquely grown and used in Greece. They are cooked as a plaki dish with tomatoes and plenty of garlic.

For this recipe I used pork chops, although you may use pieces of lean pork or boneless cubes cut from the leg or shoulder. When the beans are added with the tomatoes, garlic, onions and herbs and baked in the oven, the resultant dish is a thick creamy casserole so welcoming any season especially in winter.

**Serves 4**

**Ingredients**

350g gigantes beans or butter beans or haricot beans 4 tbsp extra virgin olive oil  
4x 175g organic or free-range pork chops, skin removed leaving a small layer of fat or 500g pork belly or 500g pork shoulder or leg cut into small pieces, 5cm in length  
4 ripe medium tomatoes, peeled and finely chopped 400g canned tomatoes, drained  
2 bay leaves  
2 garlic cloves, crushed 2 onions, thinly sliced  
2 celery sticks, thinly sliced  
4 carrots, thinly chopped 150ml dry white wine  
4 sprigs of fresh thyme, leaves only, finely chopped  
a small handful of fresh flat-leaf parsley, finely chopped a small handful of dill, finely chopped  
Juice of 1 lemon  
Sea salt and freshly ground black pepper

**To garnish:** a small handful of flat-leaf parsley, finely chopped

**Method**

1. Preheat the oven 180°C / 160°C fan/ gas 4
2. In a large casserole, cover the gigantes beans with cold water and leave to soak overnight. Drain and rinse them. Put them back in the casserole. Cover them with plenty of fresh cold water. Mix well and spread the beans evenly. Boil over a medium heat for 30-35 minutes until al dente. The gigante beans take less time to cook than the haricot beans. Rinse and drain the beans.
3. On a high heat, in a large casserole, sauté the pork chops or the pork pieces in two tbsp of olive oil for 4-5 minutes or until golden brown. Season with salt and pepper.
4. Add 1 tbsp of olive oil, tomatoes, bay leaves, garlic, onion, celery, parsley, thyme, carrots, the beans and wine in the casserole to add to the meat. Cover with water and gently stir the ingredients in the casserole.
5. Cover the casserole with a lid and transfer it to the oven. Bake the dish for 1 hour without stirring. Add more water if the meat and beans mixture becomes too dry during cooking. The beans and meat should be soft and succulent otherwise cook it for a bit longer.
6. Remove the casserole from the oven and add more salt and pepper if needed. Stir in the parsley, dill and lemon juice.
7. Serve the dish hot with plenty of crusty bread.

