

FAMILIES OF THE WORLD PROJECT RECIPES

KURDISH BEAN STEW

Recipe rights and credit to: GASHIN ABDULLAH*

***Please acknowledge (through print) when using on menu**

INGREDIENTS (SERVES 10-12)	
QUANTITIES	INGREDIENTS
1	medium white onion, diced
3 cloves	garlic, finely chopped
2 tbsp	neutral oil
2 tbsp (to taste)	tomato puree (you may need more at end)
½ tsp	ground cumin seeds
½ tsp	turmeric powder
1 kg	dried cannellini beans, washed and drained (no need to soak)
½ tbsp (to taste)	salt (you may need more at end)
1 litre	boiling water

Preparation notes before the session: wash and drain cannellini beans.

EQUIPMENT
pressure cooker
<i>chopping board</i>
knife
kettle
teaspoon
tablespoon

RECIPE METHOD**DISH ELEMENT NAME ONE POT BEAN STEW**

STEP 1	Dice onions and finely chop garlic.
STEP 2	In the pressure cooker on a low heat, heat the oil and add the onions and garlic. Fry for 2 minutes.
STEP 3	Add the tomato puree and stir to fry off the sourness.
STEP 4	Add the turmeric and cumin and stir.
STEP 5	Meanwhile, wash and drain the cannellini beans if you haven't already done so.
STEP 6	Add beans to the tomato mixture and stir to coat beans in the tomato.
STEP 7	Add the salt and combine.
STEP 8	Pour over the boiling water.
STEP 9	Bring to a rolling boil and cover with the lid. Start the pressure cooker. Cook for 14-20 minutes.
STEP 10	Release the pressure from the cooker.
STEP 11	Take off the lid to check colour and consistency. You may need to add more tomato puree, salt or water at this time. You are looking for a creamy orange colour. (Gashin added 400mls more of boiling water, and 2 tbsp more of tomato puree at this stage)
STEP 12	Continue to cook for another 5-10 minutes until you achieve that buttery, creamy colour (as demonstrated in video)
STEP 13	Serve as is.