

FAGIOLINA DEL TRASIMENO

Recipe by Amanda Forman, Olivando, www.olivando.it

INGREDIENTS (Serves 2-3)

250g Fagiolina del Trasimeno (no need to soak overnight)

2 carrots, peeled and halved crosswise

2 sticks of celery, halved crosswise

1 medium onion, halved

Handful of parsley

1 clove of garlic (whole, peeled)

1-2 sprigs of rosemary

1 bay leaf

1/4 cup olive oil

Salt

Parmesan cheese

Ground red pepper



1. Broth: In a large saucepan, combine 6 cups (1.5 liters) of water with carrot, celery, onion, and parsley (the aromatics). Bring to a boil, cover, and lower heat to medium.

2. While the broth is simmering, rinse the fagiolina and check for any debris. Add them to a medium stockpot and cover with 3-4 inches of water. Cover the pot, bring to a boil, lower heat to medium, and cook for 20 minutes.

3. When the vegetable broth is delicately but well-flavored (approx. 30 min.), strain over a glass or heat-resistant bowl to reserve the liquid, discarding the aromatics. Season with salt to taste. Set aside.

4. Once beans have cooked for 20 minutes, drain and return them to the pot. Cover with the vegetable broth (which should still be hot), add the bay leaf, and cook, covered, for an additional 10 minutes. If the beans become dry before they have finished cooking, add more of the reserved broth and continue until they achieve the desired tooth.

5. To season the oil in the now empty stockpot, heat 1/4 cup olive oil over medium heat. Add the crushed, peeled clove of garlic and the rosemary. Fry them in the oil for no more than 3-4 minutes. These ingredients will not go into the beans. Turn off heat and remove both garlic & rosemary.

6. Combine the beans and their broth with the garlic/rosemary seasoned olive oil. Remove the bay leaf. Serve warm topped with freshly grated parmesan cheese, a dusting of ground red pepper, and one more giro d'olio (swirl of olive oil).

Wine Pairing: Umbrian Grechetto, Orvieto Classico, or other crisp, light-bodied white wines