

Fresh Shell Beans with Caramelized Onions and Sage

From our Farm Kitchen



Ingredients:

3 lbs. fresh shell beans, pods discarded
2 large yellow onions, ends removed and skinned
1 carrot, peeled and cut into quarters
2 stalks celery cut into quarters
6 garlic cloves: 4 whole, 2 thinly sliced
1 bay leaf
¼ cup fresh sage, thinly sliced
1/3 cup roasted red peppers, diced
½ tsp. anchovy paste
extra virgin olive oil
salt and pepper

Directions:

Thinly slice the onions. In a large pot, heat 3 tablespoons of oil at medium-high heat. Add onions. Do not stir until starting to brown. Lower heat and continue browning for 20 minutes. (you are looking for an even brown, but be careful not to burn the onions.) Add the carrots, celery, 4 whole garlic cloves, and bay leaf. Cook for another 5 minutes. Add 1 teaspoon salt and pepper, beans, and enough water to cover 1 inch. Bring almost to a simmer. Check beans after 30 seconds. They should be almost soft. Cook another 10-20 minutes or as needed. Remove from heat, drain, and reserve liquid. Remove carrots, celery, bay leaf, and garlic. Heat a sauté pan over medium heat and add 3 tablespoons of oil. Add sliced garlic, anchovy paste, and roasted peppers. Cook until garlic begins to brown. In a bowl, add garlic mixture, beans, sage, and 1 cup of reserved liquid. Season with salt and pepper. Serve with crusty bread.