

Carrboro Farmers' Market

Blue Plate Special

**Featuring Farm Fresh Recipes from 7 Local Chefs
Who Regularly Shop at the Carrboro Farmers' Market!**

Slow Roasted Broad Beans

From

Matt & Sheila Neal

Neal's Deli – Carrboro

Serve with Neal's pastrami and oil & vinegar potato salad

This is a great entertainment dish: it's economical, feeds a crowd without too much work on the cook, and is better made a day ahead.

Ingredients

5 lb Broad beans* (also called Roma beans,) rinsed, trimmed, and cut into bite-size pieces

1 cup garlic*, peeled and thinly sliced

4 cups onion*, small dice

3 medium-sized tomatoes*, grated**

1 tablespoon granulated sugar

1 tablespoon black pepper, coarsely ground

½ teaspoon red pepper flakes

2-3 tablespoons kosher salt

6 bay leaves

2 cups water

1 cup Extra Virgin Olive Oil

Procedure

Preheat oven to 350 degrees.

Gently and thoroughly combine all the above ingredients in a roasting pan.

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**Carrboro Farmers' Market open Saturday mornings Year Round
and Wednesday afternoons April - October**

Southern Village Farmers' Market open Thursday afternoons May - August

Take parchment paper and place directly onto the beans. Then cover the pan with a tight fitting lid or foil. Cook for 2 hours, stirring well every half hour, until the beans are tender. Don't forget to stir. This ensures the beans cook evenly. Serve hot or at room temperature. Best served next day. Keeps well for 3 days.

**This is a great trick that we try and share with everyone. The easiest way to "peel" tomatoes is to grate them. Cut the tomato in half and with your fingers remove as many seeds as you can. Place the cut side of the tomato down on the coarse holes of a box grater. Run the tomato back and forth until all the flesh is grated and you are left with the skin. Discard the skin.

** Seasonal ingredients available at the Carrboro Farmers' Market*

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