

Chorizo and Borlotti Bean stew

This is a very quick, very easy and very tasty recipe that I've stolen from Rick Stein and adapted a bit to suit what I grow. You could I guess use any robust bean for this recipe, indeed the original calls for butter beans and very good it is too. I've used borlotti beans simply because I grow them and am always on the look out for new ways to serve them. I've used fresh beans in the recipe but you could of course equally use dried, in which case soak them overnight first, or even canned. Feel free to use canned tomatoes instead of fresh if you wish.



Serves 4

350g/12 oz freshly shelled Borlotti beans
225g/8 oz chorizo, thinly sliced
1 tbsp Olive Oil
4 fat Garlic cloves, crushed
1 finely chopped onion
1 large glass red wine - something fairly full bodied like a Shiraz or Merlot
450g/ 1lb ripe tomatoes, skinned, de-seeded and finely chopped
1 large bunch Parsley
1 large bunch Basil
Maldon Sea salt



Put the olive oil into a pan on a medium high heat and add the chorizo. Cook for a couple of minutes then add the onion and crushed garlic. Cook until the onion has softened.

Pour in the red wine and reduce until almost all the liquid has evaporated. Add the tomatoes and Borlotti beans. Reduce the heat to a gentle simmer and cook until the beans are soft and the tomatoes have formed a rich sauce. This will take between 30 and 40 minutes. You may need to add a little water or vegetable stock to help the tomatoes along. Season with salt only.

At the last minute, chop the parsley, shred the basil and stir into the finished stew. Serve with crusty bread.