WASTE LESS, TASTE MORE 026

Turn Extra Beans Into a Beautiful Base



A SMOOTH PURÉE GIVES THEM A DIFFERENT ROLE.

If you prepare more beans than you serve, blend a suitable portion into a purée. It can become a flavorful base beneath vegetables, mushrooms, meat, or fish.

1 Check the original seasoning

Consider whether the beans were cooked with herbs, spices, tomato, or stock.

Why: Those flavors will carry into the purée and should suit the next dish.

2 Blend gradually

Follow a bean purée recipe, adding liquid a little at a time. Adjust the seasoning and texture as you go.

Why: A controlled consistency is easier to spoon and arrange.

3 Build the plate around contrast

Pair the smooth purée with browned mushrooms, roasted vegetables, or another ingredient with a distinct texture.

Why: Contrasting textures make the purée feel like a deliberate component.

KITCHEN NOTES

White beans and mushrooms

Spoon white bean purée onto the plate and gather sautéed mushrooms over part of it.

Chickpeas and roasted vegetables

Try a chickpea purée with roasted carrots and a complementary herb dressing.

Choose the consistency for the job

A base beneath food may need to be thicker than a sauce spooned around it.

THE PLATING MINDSET

Changing the texture can give extra beans an entirely different place on the plate.