

RECIPE CORNER



Manitoba Pinto and Black Bean Crostini

250 ml canned pinto beans cooked and drained	1 loaf harvest grain bread
250 ml canned black beans cooked and drained	4 whole cloves roasted garlic
2 tbsp tahini paste	3 ounces soft chèvre cheese
1 whole charred red pepper	1 cup minced shallots
4 tbsp extra virgin olive oil	chopped fresh basil
6 ounces fresh spinach steamed, drained and chopped	kosher salt and freshly ground black pepper to taste

Method for Crostini

Using a 1.5" round cutter, cut small bite-size rounds out of harvest grain bread. Place on a parchment lined sheet pan and drizzle with tablespoon of olive oil. Should get around 20 pieces per loaf. If no cutter is available, you can trim the crusts and cut triangles.

Lightly toast bread in a preheated 350°F oven for approximately 8 minutes. Remove from oven and cool completely.

Method for Purée

In a skillet over medium high heat in 2 tablespoons olive oil, sauté shallots. Add black beans and pinto beans to pan and heat thoroughly – approximately 2 minutes. Remove mixture from heat and allow to cool.

In a food processor, place the shallots, pinto beans, black beans, red pepper, roasted garlic and spinach. Purée until smooth. Add basil, tahini and remaining olive oil to mixture, purée until incorporated and smooth.

Place mixture into a bowl, season with salt and pepper to taste. Top each crostini with tablespoon of puréed mixture and crumbled goat cheese on top.

Recipe courtesy of Pulse Canada

Cranberry Chocolate Almond Biscotti

½ cup berry sugar	2 tbsp orange zest
2 eggs	¼ cup dried cranberries
1 ¼ cup black bean flour	⅓ cup slivered almonds
⅓ cup cocoa powder	

Preheat oven to 350°F. Line a cookie sheet with parchment paper. Using electric beaters, beat the sugar, eggs and vanilla together for 3 minutes, or until thick, pale and increased in volume.

Add the orange zest and mix in. Stir in the bean flour and cocoa powder with a wooden spoon and mix until almost combined. Add the orange zest, dried cranberries, almonds and mix until well combined.

Divide the mixture in half and shape into 2 logs about 6–8 inches long. Place on the prepared tray and flatten slightly to make log 1 ½ inches thick. Bake for 20 minutes, or until firm. Remove from the oven and allow to cool completely.

Preheat oven to 275°F. Cut the logs on the diagonal into slices about ½ – ⅓ inch thick. Spread out in a single layer onto cookie sheets and bake, turning once, for 20–25 minutes. Transfer biscotti to wire racks to cool completely before serving. They can be stored in airtight container for up to 1 month. Biscotti can be stored for longer when kept in the freezer.

Makes 18 biscotti.

Nutritional Information (per biscotti): 82 Calories, 1.5 g Fat, 0.3 g Saturated Fat, 15 g Carbohydrates, 2.3 g Fibre, 3.3 g Protein, 6.9 mg Sodium.

Recipe courtesy of Ray Miller, Casinos of Winnipeg

