

# How do you Cook Legumes?

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I have always wondered about cooking legume. After all, I have many hundreds of pounds stored away and yet I have no clear idea how to cook many of these legumes. Yes I have all kinds of cook books and storage program material but most of these make the presumption that I have always known how to cook legumes. So I decided to do some research and put together a handy little table showing cooking amounts, time etc.

I hope the table is as helpful for your storage program as it was for mine.

<b>Legume</b>	<b>Traditional Soak Method Cooking time</b>	<b>Legume</b>	<b>Traditional Soak Method Cooking time</b>
Adzuki Beans	1 1/2 - 2 hours	Kidney Beans	1 1/2 - 2 hours
Anasazi Beans	1 1/2 - 2 hours	Lentils	1 hour
Appaloosa Beans	1 1/2 - 2 hours	Lima Beans, Baby	1 1/2 - 2 hours
Black Turtle Beans	1 1/2 - 2 hours	Lima Beans, Large	1 hour
Black-eyed Peas	1 1/2 - 2 hours	Navy Beans	1 1/2 - 2 hours
Cannellini Beans	1 1/2 - 2 hours	Peas	1- 1 1/2 hours
Cow Peas	1 1/2 - 2 hours	Split Peas	45 min - 1 hour
Cranberry Beans	1 1/2 - 2 hours	Pink Flamingo Beans	1 1/2 - 2 hours
Fava Beans	1 1/2 - 2 hours	Pinto Beans	1 1/2 - 2 hours
Flageolet Beans	1 1/2 - 2 hours	Small Red Beans	1 1/2 - 2 hours
Garbanzo Beans	3 -4 hours	Soy Beans	2 - 3 hours****
Great Northern Beans	1 1/2 - 2 hours	Swedish Brown Beans	1 1/2 - 2 hours

\*\*\*\* Soybeans tend to foam up and overflow pot. Do not cover soybeans tightly and add 1-2 T vinegar or oil to water when cooking them.

First of all, you should always rinse legumes in cold water and drain.

Traditionally, legumes are soaked overnight and then cooked.

However, you can bring the water to a boil, drop legumes into pot slowly so boiling does not stop. When legumes are in pot, lower heat, cover and simmer til they are soft. This method usually saves 1/2 to 1 hour cooking time. Legumes in an unsealed pot need to be stirred occasionally and more water may need to be added to the pot part way through the cooking. Do not add salt until nearly done, as it may retard softening process. Cooking times are approximate, some people like their cooked beans a little more firmer than others. Liquid may be water, but if you use meat or vegetable stock; you will improve the flavor tremendously. The more flavorful the liquid, the more flavorful the beans. The more flavorful the beans the more likely that your children and elderly will find it tasty and filling. Remember that storage food does not have to be a dull experience. You may even find that it becomes a popular item at your dinner table. For information on cooking lgrains check out my article on How to cook grains.