



This Haricot Blanc recipe is perfect if you have beans to use up from the freezer....it makes a great accompaniment to many dishes. Thank you to Mum's neighbour, Dany, for this recipe....

How to cook medium-dry *haricot blanc* from the freezer...

- Place in a large saucepan and cover with cold water.
- Bring to the boil and after a few minutes take off the heat and rinse with cold water.
- Fry off some lardons (and onion if you like), cut a carrot into chunks and then add the beans. Cover with a good amount of cold water and season with salt and pepper.
- If cooking in pressure cooker, cook for an hour - or if you are using a covered saucepan, cook for around 2 hours and monitor the cooking.

Enjoy your meal.

