



It's all Greek!



As the year rolls into its final trimester and short makes way for hemonto to hopefully bring in cooler days, I bring to you recipes from a land far off, far removed from the deltaic flat lands of Bangladesh. I bring to you recipes from the Mediterranean, from sun-kissed Greece. I will be spending the next one year here and I hope to incorporate the local ingredients and present them to you with a twist of Fearless Olive's 'deshi' flavours.

Kali orexi or bon appetite!

GIGANDES PLAKI

Gigantic beans is a great translation of this dish as it is a staple eaten all over, especially in autumn and winter, as the hot beans in a tomato stew warm the senses like nothing else. Ideally prepared with Lima beans, you can of course eat it with rice, bread or just spoonfuls of this healthy dish.

Ingredients

½ kg dried beans (The best option is shim)



2 cups chopped onion
½ cup chopped garlic
1 cup diced carrot (to add some sweetness)
¼ cup chopped celery (you can use the stalks of coriander also)
¼ cup chopped fresh parsley (or coriander)
1/3 cup chopped

beans
1 cup water, room temperature
1 cup olive oil

Method

Soak dried beans for at least 2 hours in advance. However if using fresh 'sheem' then just boil



fresh mint
1 tbsp dried oregano
½ tbsp red chilli flakes
2 cups crushed tomatoes (without the peel)
2 cups reserved cooking water from boiling

till tender and reserve the water for further use. Sauté chopped onions and celery in olive oil over medium low heat until glazed, and then add garlic and cook until it gives off its

distinct aroma. Add herbs and spices and cook for about 2 more minutes as the smell give you an idea of a good mix of flavours. Add tomatoes and carrot and cook for another 4-5 minutes. Add reserved bean-cooked water and bring sauce to a boil. Remove from heat and set aside until the beans are ready for baking.

Layer the boiled beans evenly on a baking pan and pour sauce on top. Add 1 cup water (at room temperature) and bake, uncovered, for 1 hour at a 120 . Just make sure that it does not burn, but it may form a thin crust.

Serving

Allow baked beans to rest for about 15-30 minutes before serving. Serve with crusty bread if possible or with white rice and 'bharta'.

Health focus

Packed with proteins, tomatoes not only add vitamin C, but also help in the

