

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## ***Flageolet Bean Salad with Cucumber, Radishes, Carrots & Scallions in a Lemon Mustard Vinaigrette***

Inspired by a recipe from [Steve Sando of Rancho Gordo](#).

Do vary the vegetables depending on what's on hand, i.e., blanched green beans, sliced celery, roasted red peppers, halved cherry tomatoes or pitted Kalamata olives. I use the food processor's 2mm slicing blade for thinly slicing both the radishes and cucumber. Without Flageolet, make this salad with more easily found Great Northern Beans or smaller Navy beans. As these are less flavorful beans than Flageolet, increase the amount of dressing by a fourth.

Note: bean cooking times vary. Mine took about 75 minutes. Do begin testing them after one hour.

For as the Bean King said, *"they can turn the corner after awhile and get over done."* He also recommends *not* pre-soaking Flageolet beans.

I cooked the whole pound of Flageolet at once, even though I only used 4 cups of them for this salad. I've stored the remaining 2 ½ cups of cooked beans in their broth. To use the whole pound of cooked beans, make 1 ½ times the recipe.

Makes 5 ½ - 6 cups

Active Time 20 minutes

Total Time about 80 minutes

### ***Ingredients***

1 pound Flageolet beans

2 bay leaves

½ teaspoon sea salt

### ***Lemon-Mustard Vinaigrette Dressing***

3 tablespoons fresh lemon juice

2 tablespoons red wine vinegar

½ tablespoon [homemade mustard](#) or other country-style mustard

1 large garlic clove

⅛ teaspoon sea salt, and more to taste

2 teaspoons finely chopped fresh thyme

½ cup Extra Virgin Olive Oil

### ***Salad***

4 cups cooked and drained Flageolet beans

1 cup thinly sliced cucumber

½ cup thinly sliced radishes (4-5 radishes)

½ cup grated carrots

⅓ cup thinly sliced green onions (scallions)

¼ cup coarsely chopped flat leaf parsley

### ***Instructions***

1. Pick through the beans and discard any debris. Rinse the beans well. Place them in a large pot along with the bay leaves, salt and water to cover the beans by 2 inches. Bring the water to a rolling boil. Boil for 5 minutes before lowering the heat so the water simmers. Partially cover the pot. Check the beans after 1 hour for doneness. If the water gets low, add hot water from a tea kettle. Continue cooking the beans until tender.
2. *Prepare the Lemon-Mustard Vinaigrette Dressing:* Put the fresh lemon juice, red wine vinegar and salt into a 1-2 cup jar with a tight-fitting lid. Press the garlic through a garlic press into the jar. Let these ingredients sit for at least 5 minutes to both remove the sharpness from the garlic and to dissolve the salt. Add the fresh thyme and the olive oil. With the lid on the jar, shake the jar to emulsify the dressing.
3. *Prepare the salad ingredients:* Slice the cucumber, radishes and green onions. Grate the carrots. Keep these items refrigerated until time to toss them with the beans.
4. When the beans are cooked, drain them, saving the flavorful broth for another use. Measure out 4 cups of beans and place them in a large mixing bowl. Shake the dressing again if it has separated, and pour it over the hot beans. Use a rubber spatula to gently toss the beans with the dressing.
5. Toss in the prepared salad ingredients. Adjust the salt to taste. Serve the salad warm (my favorite), at room temperature or cold.
6. Note: if you are going to serve Flageolet Bean Salad at room temperature or cold, readjust the salt again just before serving. As a salad served warm will need less salt than a salad served at room temperature or cold.