



Lima Bean & Ham Stew with Parsley-Rosemary Pistou

serves 4 (or 2 1/2 ravenous snow-shoers)

- 2 cups dried lima beans
- 1 smoked ham hock (or meaty ham end roughly chopped, about 1 cup)
- 1 tablespoon olive oil
- 2 shallots, diced
- 2 cloves garlic, minced
- 2 bay leaves
- small handful peppercorns (about 12)
- 7 juniper berries
- 1 quart vegetable stock
- salt to taste

Soak lima beans overnight covered amply in cold water. Or cover with boiling water and soak for about 4 hours.

Discard soaking water from beans. In a Dutch oven or soup pot, heat olive oil and sauté shallots and garlic until lightly browned. Add bay leaves, peppercorns and juniper berries, stirring to coat.

Pour in stock and bring briefly to a boil, then reduce to a simmer and cook, partially covered, until beans are soft, about 1 hour. (Time may vary depending on your beans.)

For a soupier consistency, add more stock as it begins to be absorbed. You may need to add a bit of salt, if your ham did not impart enough. If using a hock, pluck it out, slip the meat off and return to the pot, discarding bone and fat. Serve beans with a

couple of spoonfuls of parsley-rosemary pistou (recipe below).