

Braised flat beans in slow cooked tomato sauce

Cookbooks take time to write. There's recipe testing to perfect, measurements to clarify, photos to style and snap.

With *Restore*, chef **Gizzi Erskine's** latest cookbook, she also had to keep pace with science – a high speed, ever-changing avalanche of the stuff. After four years of work, the result is both a recipe collection and, she hopes, “an accessible translation of what the hell's going on in the world at the moment”.

Restore: A Modern Guide To Sustainable Eating, encompasses dinner (of course), but also the food industry and its myriad problems, all the while drawing on environmental and agricultural science.

Gizzi's last cookbook *Slow*, had its foundations in the slow food movement, in line with a growing public awareness around good produce and making the best of ingredients, but it came before wider conversations around

farming practices and the intrinsic relationships between food and planet. *Restore* she says, is the natural next progression, and it has, she admits, “been quite a feat”.

This dish from the book is a fresh take on a classic.

“I've seen variations of this dish all over the place, here in the UK, but also in Turkey, France and Italy. Its longevity is a sure-fire sign that beans and tomatoes are a tried-and-tested combination,” says Gizzi.

“Traditionally, the beans are meant to be served a little more cooked than you might be used to, and are as a result not as vibrant, but have the confidence to let them to lose some of their colour in order to achieve the right texture.

“Here, they are cooked for less than the standard 30 minutes, and are instead allowed to cook a little further in the residual heat of the pan once it's removed from the hob, to maintain some freshness and bite.”



INGREDIENTS

(Serves 4 as a side dish)

3tbsp confit garlic oil or regular oil
Half a dried chilli plus a pinch of dried chilli flakes
1 sprig of rosemary, marjoram or oregano
400g Slow Cooked Tomato Sauce (see below)
500g flat beans, stalk ends cut off
Half a tsp sea salt flakes
2-3tbsp Greek yoghurt
Half a tsp pul biber
Good handful of a combination of chopped flat-leaf parsley, dill and mint leaves

Slow Cooked Tomato Sauce

(Makes 6 portions)

3tbsp olive oil
1 head of garlic, cloves peeled and finely chopped

2kg tomatoes (variety of mixtures)

2tbsp sherry vinegar, red wine or white wine vinegar

Large bunch of basil leaves

Sea salt and freshly ground black pepper

METHOD

1 Make the Slow Cooked Tomato Sauce: heat the olive oil in a heavy bottomed casserole dish over a medium heat, add the garlic and fry gently for about 10 minutes until lightly golden. Meanwhile, blitz the tomatoes into a puree. When the garlic is ready, add the tomatoes to the pan. Season with salt and pepper, add the vinegar and cook slowly for about an hour and 30 minutes to reduce. Blitz again until smooth if you wish. Tear and add the basil.

2 Heat the confit garlic oil or regular oil in a wide saucepan (one wide enough to fit the beans in whole) over a high heat, and add the dried chilli, dried chilli flakes and rosemary, marjoram or oregano. Allow to infuse the oil for a minute, then pour in the tomato sauce and lay the beans flat in the pan. Add the salt and a splash of water and cover with a lid.

Reduce the heat to medium and cook for 10 minutes until the beans are tender but still retain a bit of bite. Check for seasoning, remove from the heat and set aside to cool (they will cook a little further in the sauce while they cool).

3 When ready to serve, spoon over the yoghurt, sprinkle over the pul biber and scatter the chopped herbs on top.