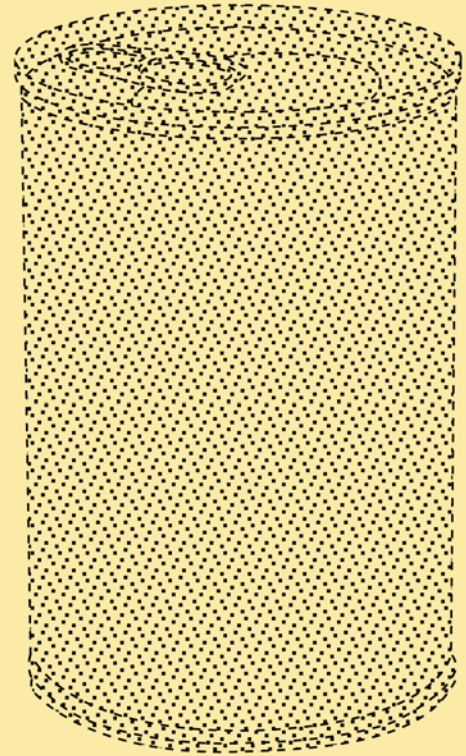





ODE
to BEAN





Ode to Bean originally took the form of a meal. Taking place on December 1st, 2018 at High Tide Gallery in Philadelphia, the dinner consisted of four courses inspired by a single ingredient, beans. A portion of the ticket proceeds were donated to support Point Source Youth, a non-profit organization that works to end youth homelessness, emphasizing members of the LGBTQ+ community.






Hi, we are Bean.
Our home is an origin story
with many histories.



The recipes included here are adapted from the event, and are for 1-2 servings. Several varieties and processes in the meal showcase the versatility of beans. Koji mold is used to inoculate beans for miso, which is then used to cure yolks. The water from canned beans is saved for aquafaba, an egg replacer used to make vegan meringues. There is and will always be more.



The *Ode To Bean* dinner was an opportunity to research and learn about this special ingredient in a global context. Each course points to their complex origin stories and diverse culinary potential, or their *mānifestations* as a mass food. Of the 40,000 known bean varieties — only a fraction of which are even edible — eleven were featured in the inaugural dinner. In the Western world, this subtle erasure contributes to the displacement of actual people, their culture, and communities. Let this dinner event be an exercise in processing reverence and homage to beans, to document and reflect on this perennial problem.



*Starred ingredients refer to the Secondary Recipes section at the end of the zine

Lacto green beans, koji enoki, chermoula hummus, mung bean sprouts, radishes, greens, tingly peanut chili oil



Course

NO. 1

Salad



No. 1-4

Beans

Phaseolus vulgaris > French Bean > Haricot Vert > Green Beans

Tasting notes

Andean high elevation 6000 BC artichoke green crisp

New World cultivation by the Spaniards & Portuguese vibrant juicy

As seen in...
The Green Bean Casserole,
a Campbell's Soup marketing
success from the 1950s...

Cicer arietinum > Pois chiche > Chickpea > Garbantzu > Garbanzo Bean

Tasting notes

Pre-Pottery Neolithic subtropical

nutty bready grainy fertile mild

As seen in...
Levantine hummus, falafel,
Chana Masala...

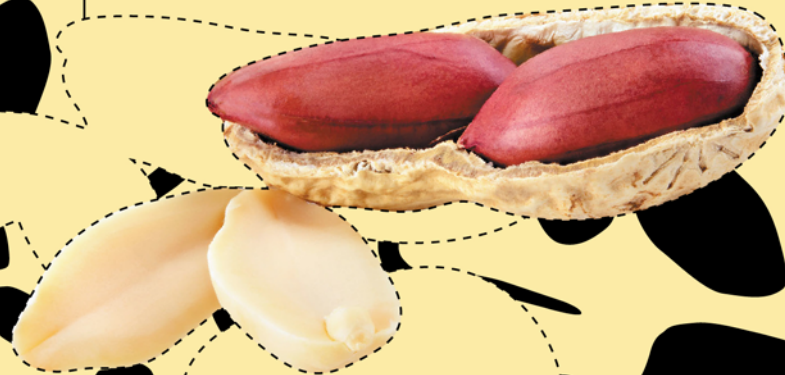
Arachis hypogaea > Tlalcacahuatl > Earth Bean > Cacahuatl > Groundnut > Peanut

Tasting notes

Prehistoric Zaña Valley earthy waxy avocado woody

disseminated by Spanish + Portuguese conquistadors to Asia & Africa

As seen in..
Peanut butter, oils, Senegalese Mafé,
Indian peanut chaat, Reeses candy...



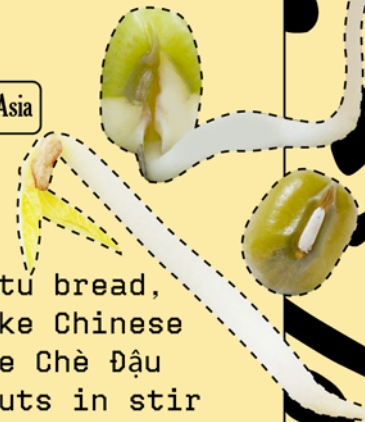
Vigna radiata > *Phaseolus Aureus* > Moong > Mung Bean

Tasting notes

1500 BC India native spread to China + Southeast Asia

grassy vegetal crisp nutty

As seen in...
Indian Dal and Pesarattu bread,
asian dessert soups like Chinese
Tong Sui and Vietnamese Chè Đậu
Xanh, long rooted sprouts in stir
fries like Korean Namul and Filipino
Ginisang Togue...



Salad

Recipe

1. Koji Enoki

1 bunch Enoki, trimmed
3 tbsp Shio Koji
Water

- 1 Split enoki fronds into small bite clusters. Coat with koji, let rest for 1 hour.
- 2 Heat pan over high heat. Sear the enoki, then cover and turn down to medium low heat.
- 3 Once enoki is cooked through and wilted, turn off heat and remove. Can be made in advance and refrigerated.

2. Hummus

1 can Chickpeas drained (*save liquid for aquafaba dessert*)
2 Garlic cloves, minced
Red pepper flakes
Olive oil

- 1 Drain chickpeas. Use a food processor or blender to combine chickpeas and garlic. Add salt and pepper to taste.
- 2 On low power, slowly add olive oil until smooth and creamy in consistency. Set aside.

If using dry beans, they'll need to be soaked overnight before being cooked. Soaking ratio is 1 part bean to 3 parts water overnight. Strain soaking water then simmer beans with water to cover and 1 tsp of baking soda for every quart of beans to prevent a gassy orchestra.

3. Chermoula

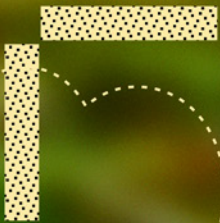
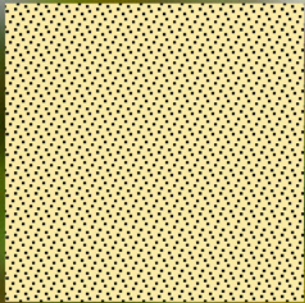
1 cup Fresh cilantro, coarsely chopped
1 cup Fresh parsley, coarsely chopped
1 ½ tsp Preserved lemon, finely chopped
3 tbsp Lemon juice
1 Garlic clove
1 tsp Ground cumin
1 tsp Red pepper flakes
Olive oil

- 1 Combine all the ingredients for the Chermoula. Blend and slowly add olive oil until paste-like consistency. Add salt and pepper to taste.

Combine all with garnish

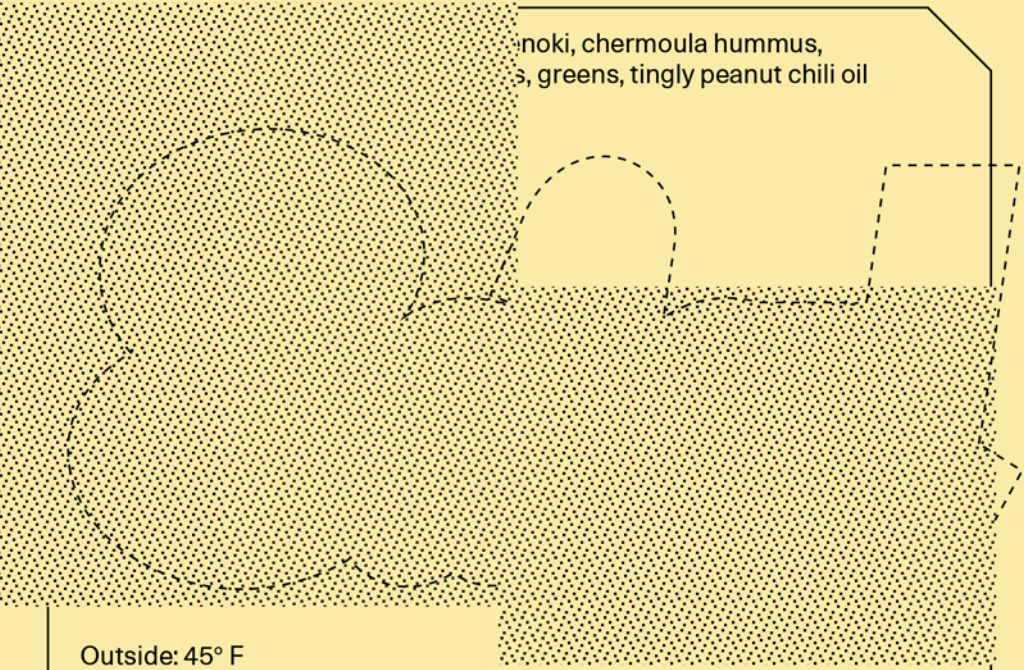
1 cup Lacto green beans, with liquid reserved*
½ cup Mung bean sprouts*
1 Candy Cane beets, sliced thin
1 cup Greens, washed
Lemon juice
Honey
Crushed peanuts
Peanut chili oil*

- 1 On a large communal plate, use a spatula to spread on the side a generous amount of the hummus.
- 2 Spoon the chermoula over hummus.
- 3 Whisk olive oil, lemon juice, honey, and a splash of the lacto-green bean liquid for dressing. Toss salad greens, mung bean sprouts, and lacto green beans together, adding salt and pepper to taste.
- 4 Plate greens on the side of the hummus and chermoula, garnish with radishes, crushed peanuts, and chili oil.



Course **1**

...noki, chermoula hummus,
...s, greens, tingly peanut chili oil



Outside: 45° F
Inside: Toasty

Humans peeled off their layers and took their seats
sipping on smoky bean cocktails

Predictable first course salad
ushered humans into the meal
gallery crew greeting friendly faces and joining them

Tart lacto-fermented green beans and crisp mung sprouts
mingled among thin rounds of candy cane beets
greens dressed to the nines

Soil of herby chermoula hummus and peanut chili oil
sing with familiarity to entice inquisition

Were guests curious about the varieties of Phaseolus present
or reminiscing about favorite bean recipes
the ones from their ancestors and how they arrived here?

Digestion took stage
the purr of chit chat foggily wafted in the air



I'm always a bit nervous when throwing together a meal for friends, and this room was full of faces I had never met.

Salad

Tofu curd, kabocha and shiitake kombu broth, douchi, peas, scallion, ogo, dill oil, 1 month chickpea miso cured egg yolk



Course

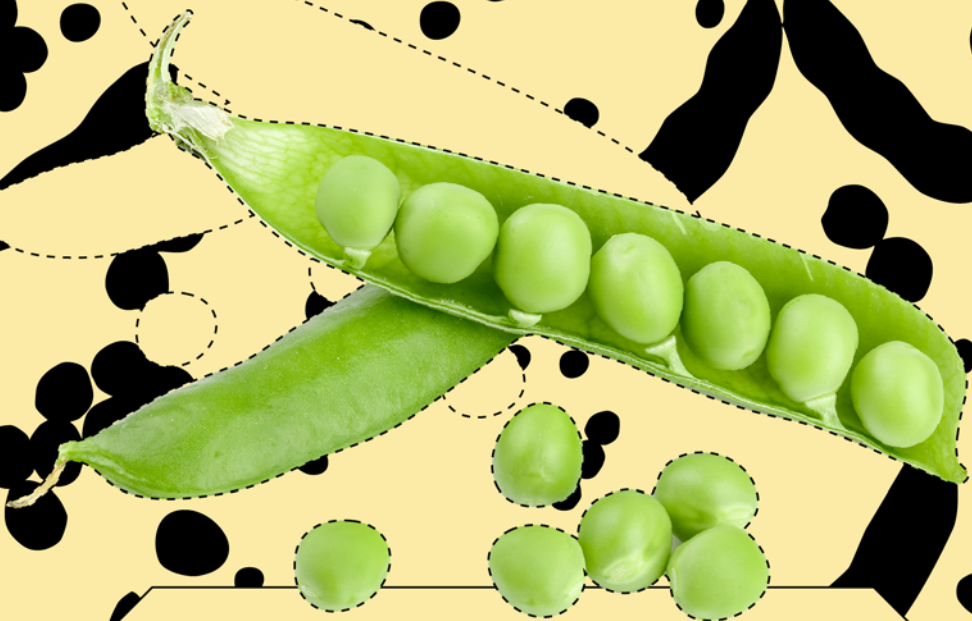
NO. 2

Soup



No. 5-6

Beans



Pisum sativum > Ervum > Pease > Pea

Tasting notes

- Bronze age
- Native to Asia and North Africa
- mushy
- tender
- wet moss
- smooth
- fennel
- windy=3=3=3

As seen in...
Medieval pea soup, pot pies,
Indian matar paneer, on pancetta
ricotta toasts, purees...



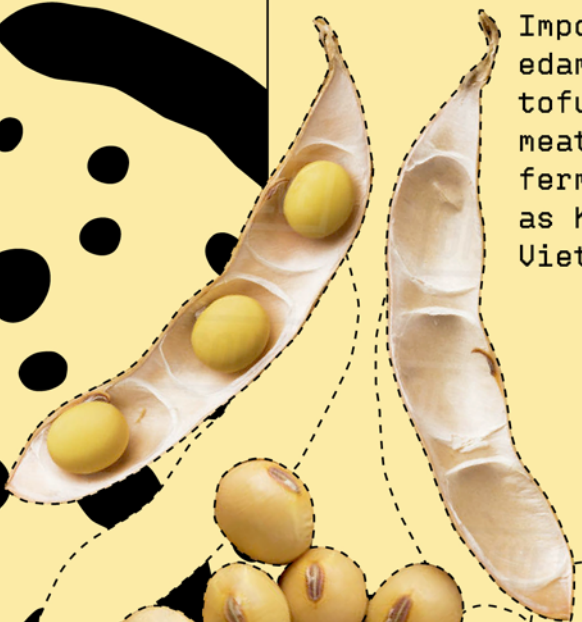
Glycine max > Soja > Shoyu > Soybean



Tasting notes

- Henan province + Yangtze basin
- 11th century BC
- earthy
- sweet
- bitter
- straw hat
- musty

As seen in...
Impossible Burgers,
edamame, soy sauce,
tofu, seitan, mock
meat, animal feed,
fermented pastes such
as Korean doenjang and
Vietnamese tương...



Soup Recipe

I. Soup

2	Whole kabocha
1	Onion, diced
¼ cup	Dried shiitake
1 cup	Vegetable broth
1 sheet	Kombu seaweed
3 tbsp	Butter (vegan butter optional)
3 tbsp	Chickpea miso*
1 tbsp	Douchi Chinese fermented black beans, soaked and rinsed

- 1 Rehydrate dried shiitakes in 2 cups of water the night before cooking. This will go into the soup later.
- 2 Boil 1 quart of water, turn off heat and add one sheet of kombu seaweed. Leave for 10 minutes and strain. This stock will go into the soup later.
- 3 Day of, preheat oven to 400°F. Line a roasting pan with foil and pierce whole kabocha squash three times close to the stem. Roast until soft, approximately 40 minutes, leave for longer if not yet done and remove. Can be made in advance and refrigerated.
- 4 While roasting, get started on the broth. Cut off the skin of the second kabocha, scoop out seeds, and dice into bite sized pieces. Place soup pot over high heat and add butter/oil.
- 5 Remove the now reconstituted shiitakes from their liquid. Squeeze out excess water, slice shiitakes and set aside.
- 6 Brown the onions, diced kabocha, and sliced shiitakes over high heat. Once browned, add shiitake water, kombu stock, and vegetable broth. Bring to a boil then turn down to medium low heat until squash is soft and dissolves, 30-40 minutes. Add more water as needed as it reduces.
- 7 Take squash out of the oven and let cool. Carve an opening from the top, gently scoop out the seeds and dispose. Scoop out some of the cooked flesh and add to the soup if you choose. Be mindful when scraping flesh, too much and the squash will cave-in. Cover with foil and place back in the oven at 200F to keep warm if soup is not yet ready to serve.
- 8 When squash is soft dissolved, add douchi, chickpea miso, and pepper to taste.

2. Tofu Curd

4 cups	Fresh soy milk, unsweetened
2-2 ½ tsp	Liquid nigari or gypsum (coagulant)
½ cup	Water

- 1 Mix 2 teaspoons of the coagulant with water in a small bowl, set aside.
- 2 Bring soy milk to a boil over medium heat, stirring constantly. Boil for 5-7 minutes, continually stirring. Turn off heat.
- 3 While stirring, pour in half of the coagulant solution. Stir five times and remove the spoon. Sprinkle the rest of the coagulant solution over the top. Cover and let rest for 8-10 minutes.
- 4 With the back of a spoon, press down to test the firmness. When it is ready, any liquid should be a clear yellow, and should no longer be milky. If you still see milky liquid, mix the remaining 1/2 teaspoon of coagulant with 2 tablespoons of water and sprinkle it in the area where it hasn't set. Cover and return to heat for 2 minutes. Remove from heat and let sit covered another 3-4 minutes until set.

Combine all with garnish

½ cup	Petit peas
1 tbsp	Scallion, thinly sliced
1 tbsp	Ogo, rehydrated
	Dill oil*
	Sesame oil
	Chickpea miso egg yolk*
	Nasturtium leaves

- 1 The soup should be off the heat but still hot. Add peas to the soup.
- 2 In bowls, portion the tofu curd, about ½ cup per bowl. Ladle soup over top.
- 3 Garnish with scallion, fronds of ogo, dill oil, sesame oil, nasturtium leaves, and grated cured egg yolk.
- 4 Pour the rest of the soup in the whole roasted kabocha squash and garnish for the table.



Course ^{NO.} 2

Tofu curd, ka
peas, scallion, ogo

Communal roasted kabocha
brimming with earthy boom broth
fermented black beans steeping
a cozy potion culling umami
Soft tofu curds soaked in gourd juice
verdant dill and nutty sesame oil
dappled with a constellation of petit peas
In the tangled nests of ogo and nasturtium pads
neglected cured yolks gave way to serendipity
a lesson on the importance of forgetting
The dense cheesy yolk like snow
as we tended each bowl and greeted each human
each had a name

a home
a community
a karaoke song
~~~~~



Soup

Puffball bean gnocchi, doubanjiang okinawa sweet potato, garlic kombucha, garlic chive pesto, parmesan, preserved lemon oil



# Course <sup>NO. 3</sup>

# Main



NO. 7-8

# Beans

*Phaseolus vulgaris* > White Navy Bean > Cannellini

## Tasting notes

cultivated in Argentina

humble radicalism

creamy

protein rich

briny

tender



As seen in...

The bean pie of the Black Muslim diet, pasta e Fagioli, kale sausage stews, Greek Fasolada, French cassoulet, Jewish Cholent stew...



*Vicia faba* > Fava Bean > Broad Bean

## Tasting notes

6000 BC

hated by Pythagoras

Neolithic

nutty

buttery

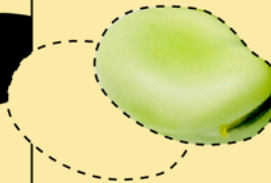
green tea

corn

hay

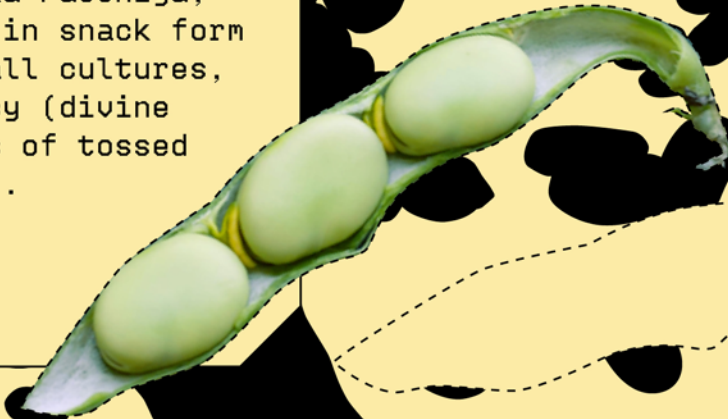
extinct wild ancestry

human dependent



As seen in...

Peruvian cuisine, falafel, Egyptian Ful Medames, North African Shahan Ful, Tunisian Shakshuka Paschiya, roasted in snack form across all cultures, Favomancy (divine readings of tossed beans)...



# Main Recipe

## 1. Puffball Bean Gnocchi with Garlic Chive Pesto

|        |                                |
|--------|--------------------------------|
| 1 can  | White beans, drained           |
| ¼ cup  | Puffball mushroom powder       |
| 1 tsp  | Salt                           |
| 2 cups | Chickpea flour, more as needed |
| ½ cup  | Arrowroot powder (variable)    |
| 2 tbsp | Olive oil                      |
| 1 cup  | Chinese garlic chives, chopped |
| 1      | Garlic clove                   |
| ½ cup  | Neutral oil                    |

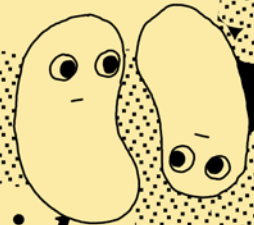
- 1 Mix white beans, puffball powder, salt, half of the chickpea flour, and half of the arrowroot flour in a large bowl. Add a tbsp of cold water to combine, adding more of the oil and water to help the dough come together. Add more chickpea flour and arrowroot flour as needed. Dough should come together and not stick to your hand.
- 2 Sprinkle chickpea flour on a flat surface. Keeping the dough covered so it doesn't dry out, take a small section at a time to form into the gnocchi. Take a piece of dough and squeeze it in your fist to make a compact and roughly shaped ball, then roll it between your palms until round. Use a fork to create texture, sprinkle with flour to prevent stickiness and set aside on a tray. (Store extra in the fridge for up to a week, or freeze.)
- 3 In food processor or blender, combine garlic chives, garlic clove, and oil and blend until smooth. Add salt and pepper to taste.
- 4 Heat up a sauce pan to medium high heat, and saute the garlic chive sauce until just browned. Set aside.

## 2. Okinawa Sweet Potato with Garlic Kombucha

|        |                         |
|--------|-------------------------|
| 3      | Okinawa sweet potato    |
| 1 tbsp | Doubanjiang, chopped    |
| ½ cup  | Garlic kombucha*        |
| ¼ cup  | Butter (vegan optional) |

- 1 Preheat oven to 400°F. Pierce sweet potatoes and wrap in foil. Place directly on racks in the oven and roast for 30-45 min until soft.
- 2 Once done, remove skins once cooled.
- 3 Over medium heat, scorch the chopped doubanjiang paste until aromatic. Deglaze the pan with the garlic kombucha.
- 4 Combine and mash potatoes, doubanjiang liquid, and butter until desired consistency. To keep warm until serving, keep covered in oven at 200°F.

Doubanjiang is a fermented broad bean and chili paste used in chinese sichuan cooking, commonly seen in ma la hot pot and mapo tofu. There is a lack of awareness on fermented bean pastes, everyone seems to only know miso.



## Combine all with garnish

Parmesan  
Watercress  
Preserved lemon oil\*  
Black and white toasted sesame seeds

- 1 Bring a pot of water to boil, adding salt until it tastes like seawater.
- 2 Cook gnocchi in boiling water 4-5 minutes until floating. Drain and gently fold the gnocchi into the garlic chive sauce.
- 3 Plate gnocchi with the Okinawan sweet potatoes. Drizzle preserved olive oil over top, grate the parmesan over the gnocchi. Garnish with watercress leaves and toasted sesame seeds as desired.



Course <sup>NO.</sup> 3

Puffball bean gnocchi, doubanji,  
kombucha, garlic chive pesto,

Foraged Puffballs from Van Cortlandt Park earlier that fall  
made their way into an gnocchi incident  
instead of al dente starch dumplings  
the cannellini beans spawned soft globs of dough

Every single bite was eaten  
swaddled in the allium rich chive pesto  
aromatic, grassy

Garlic kombucha and doubanjiang were the site of query  
discreetly folded into the saccharine purple Okinawan mash  
already settled in tummies

Ironic that bacteria persists in chaos  
that many of us rely on human propagation  
without them friends like the fava would be extinct

I may be a starch,  
but I can't hold  
everything  
together.



Main



Black bean chocolate cake, adzuki coconut mousse, matcha aquafaba wafer, soybean brittle, hibiscus coulis, kombucha strawberries, raspberry powder



# Course

NO.

4



# Dessert



# Beans



Theobroma cacao > Xocoatl > Cacao Bean

### Tasting notes

Amazon Basin 1750 BC Olmec sulfur leather

bitter bran ash astringent malty

As seen in...  
Mayan and Aztec cultures for currency and symbolic sacrificial human blood, Matilda and Charlie & the Chocolate Factory, brownies and cakes, Cadbury Eggs, s'mores...



Phaseolus vulgaris > Turtle Bean > Caviar Criollo > Frijoles Negros > Black Bean

### Tasting notes

domesticated in the Americas New World bean

meaty hot springs starchy potato

As seen in...  
Brazilian Feijoda, Cuban Frijoles negros and Moros y cristianos, American Chili...



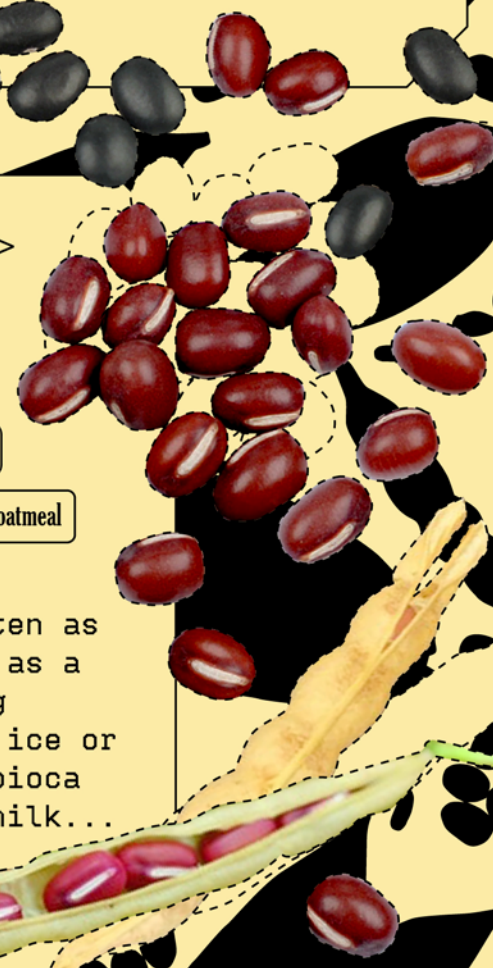
Vigna angularis > Red Mung Bean > Adzuki Bean > Red Bean

### Tasting notes

Himalayan native domesticated in East Asia

nutty marshmallow sweet earthy oatmeal

As seen in...  
Asian cultures, often as a dessert soup, or as a sweet paste topping served over shaved ice or in pudding with tapioca balls and coconut milk...



# Dessert Recipe

## 1. Black Bean Brownie

|         |                                 |
|---------|---------------------------------|
| 1 can   | Black beans, rinsed and drained |
| 2 tbsp  | Applesauce                      |
| 3 tbsp  | Coconut oil, melted             |
| ¾ cup   | Cocoa powder                    |
| ½ tsp   | Salt                            |
| 1 tsp   | Vanilla extract                 |
| ½ cup   | Sugar                           |
| 1 ½ tsp | Baking powder                   |

- 1 Preheat oven to 350°F. Lightly grease 13" x 9" baking pan.
- 2 With a hand mixer, blend all the beans first, then add each ingredient one at a time until smooth. Add a little water as needed to wet the batter, should be slightly less thick than chocolate frosting but not runny.
- 3 Distribute batter into the baking pan and bake for 20-26 minutes or until edges start to pull away from the sides.
- 4 Remove from the oven and let cool for 30 minutes before removing from the pan. Once cooled, refrigerate for 4 hours to perfect the texture, which will be fudgy. Cut into squares and set aside.

## 2. Red Bean Coconut Mousse

### For the red bean paste

|          |                           |
|----------|---------------------------|
| 1 ½ cups | Azuki red bean            |
| ¾ cup    | Rock sugar, more to taste |
| ⅛ tsp    | Salt                      |

- 1 Pre-soak beans in water overnight.
- 2 Discard water. Add 1 quart of water to beans in a pot and bring to a boil. Turn heat down to a simmer and cook beans uncovered for 1 hour, stirring periodically. Be sure that there is enough water just to cover the beans.
- 3 When beans are soft and easily mashable, add rock sugar and dissolve. Beans are done when you stir the pot and can see the bottom for 1-2 seconds.
- 4 Transfer to a heat proof container and let cool, then fridge. Mixture will turn more pasty when chilled.
- 5 Keep up to a week in the fridge, and up to a month in the freezer.

### For the mousse

|          |                              |
|----------|------------------------------|
| 1 ½ tsp  | Agar agar                    |
| 1 ½ cups | Azuki red bean paste         |
| 1 can    | Full fat coconut cream, cold |

- 1 Bloom the gelatin in cold water.
- 2 With a hand mixer, whip the chilled coconut cream in a cold mixing bowl until doubled in volume.
- 3 Stir azuki beans before folding gently into the cream.
- 4 Transfer to a piping bag and chill immediately.

The mousse wasn't as smooth as I would've liked, but it was nutty, sweet, and creamy all the same. I didn't think so many beans could sing well together.



### 3. Matcha Aquafaba Wafer

1/8 tsp Cream of tartar  
3/4 cup Powdered sugar  
2 tsp Matcha powder  
Chickpea liquid from 1 can (*from Salad*)

- 1 Preheat oven to 250°F.
- 2 Heat chickpea liquid until reduced by half. Chill in the fridge for 4 hours.
- 3 With a hand mixer, whip chickpea liquid for 3-6 minutes, slowly adding the cream of tartar and sugar until stiff peaks form. Liquid will increase 75% the volume or the original liquid.
- 4 Gently fold matcha powder in, only sprinkling thin layers at a time.
- 5 On a sheet tray with parchment, dollop 1" mounds of matcha aquafaba and then place in the oven, turning the heat down to 200°F immediately.
- 6 Bake for 1 hour, until dry to the touch. Let cool and set aside.

### 4. Hibiscus Coulis

1 cup Dried hibiscus flowers  
1 cup Sugar  
3 cups Water

- 1 Combine the hibiscus flowers, sugar, and water in a medium saucepan over medium heat and cook for 30 minutes, stirring occasionally, until the syrup coats the back of a spoon.
- 2 Strain through a fine-mesh sieve, and pour the liquid back into the pot. Bring to a boil and simmer over medium-low heat until the liquid is reduced to the consistency of a thick syrup, about 20 minutes.
- 3 Cool to room temperature and fridge or use immediately.

### 5. Soybean Brittle

1 cup Dry roasted edamame  
1 tbsp Soy sauce  
1/2 tsp Kosher salt  
4 cups Sugar  
1 1/2 cups Water

- 1 Place the edamame, soy sauce, cayenne pepper and salt into a small mixing bowl and stir to combine.
- 2 Line a half sheet pan with parchment, set aside.
- 3 In saucepot, add sugar and water cooking over high heat, stirring occasionally with a wooden spoon, until it comes to a boil. Stop stirring, cover, and cook for 3 minutes.
- 4 Uncover, reduce heat to medium, and cook until the sugar is a light amber color, 20-25 minutes.
- 5 Remove from the heat and stir in the edamame mixture. Working quickly, pour the mixture onto the prepared half sheet pan and spread thin with an oiled spatula. You will have to work quickly when pouring out and spreading the mixture in the pan before it solidifies.
- 6 Cool completely and break into pieces. Store in an airtight container for up to 2 weeks.

### Combine all with garnish

Kombucha strawberries\*  
Raspberry powder\*  
Cacao kombucha\*

- 1 Plate the Matcha aquafaba wafer first, then the Black bean chocolate brownie. Pipe or dollop the Adzuki coconut mousse over the brownie.
- 2 Garnish with Soybean brittle, Hibiscus coulis, Kombucha strawberries, and Raspberry powder.
- 3 Serve 1/4 cup of cacao kombucha on the side to sip alongside the dessert.



Black bean chocolate cake, adzuki coconut mousse, matcha aquaf, ucha


Humans were restless

10 PM the buzz of beans not quite complete the dessert distributed a hodgepodge of elements received with gracious spirit

Black beans in a fudgy brownie dollops of nutty red bean paste whipped with fatty coconut cream cresting over each brick

The viscous liquid from a meek can of chickpeas into an airy meringue accidentally collapsed flat matcha discs still crisp and bitter

Excessive brittle of soybean crumbs the best of Maillard reaction its frozen appetizer cousin cancelled

An over-fermented Cacao Kombucha digestif  a drinking vinegar tart and funky

Relished with pours of leftover mezcal bean cocktail donated by the venue

A resounding applause for the hosts as the bean feasting was over

Merriment continued into the eve as the Gallery turned karaoke bar filled with music

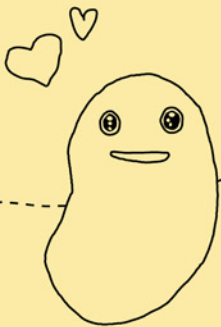
All together singing full of joy, warmth, and beans

If you found a pod on the ground, would you open it and eat the pulpy flesh inside? Would you then nibble the hard seed?



Course 

Dessert



## Secondary Recipes



This last section has missing toppings, pickled things, special powders, and more time consuming ferments that complete the previous courses. Not all are bean related, but each provides a bright addition to your pantry for other combinations or uses, and can last a long time.



**Lacto Green Beans**

- 1 lb Green beans, trimmed and washed
- 3 tbsp Salt
- 2 tbsp Sugar
- 3 Garlic cloves, sliced
- ½ tsp Whole black peppercorn
- ½ tsp Red pepper flakes
- ½ tsp Coriander seeds
- 1 Bay leaf
- Water
- Sterilized jar

*Note: Use 3 tbsp of salt for every quart of water.*

- 1 Combine salt, sugar, and water over medium heat until dissolved. Let cool.
- 2 Coat the inside of the jar with salt, and shake out excess.
- 3 Pack the jar with the garlic, peppercorns, red pepper flakes, coriander seeds, and bay leaf. Then pack the green beans in tightly so they don't float to the top.
- 4 Pour the brine in, being sure to cover all the beans with the liquid. Cover with lid and place in a dark spot.
- 5 Burp the jar every few days, as the byproduct of the lactic acid bacteria breaking down the sugars produces gas. Warmer environments will ferment quicker, and can be ready within 1 week if warmer than 70° F. Cooler environments may take longer up to 2-6 weeks.

**Mung Bean Sprouts**

- ¼ cup Dry mung beans, washed
- Water
- Paper towel
- Rubber band
- Shallow tupperware container

- 1 Place mung beans in a container and fill with water until the beans are submerged.
- 2 Cover with the paper towel and use the rubber band to secure.
- 3 Place in a dark place, sunlight will make the sprouts bitter.
- 4 Change water twice everyday. Sprouts are ready in about 3 days, or when they are crisp and the sprout is a desirable length. This method can be applied to any dry bean for fresh sprouts.

**Peanut Chili Oil**

- ½ cup Crushed korean chili flakes
- 1 tsp Sichuan peppercorn
- 3 tbsp Pickled radish or mustard green, minced
- 1 tbsp Toasted peanuts
- 1 tbsp Sesame seeds
- 
- 1 ½ cups Vegetable oil
- 4 Garlic cloves, smashed
- 1 Thumb of ginger
- 2 Bay leaves
- 3 Star anise
- ½ Stick of cassia bark
- 2 Scallion whites
- 1 tsp Red Sichuan peppercorn
- 1 tsp Green Sichuan peppercorn
- 4 Cloves
- ½ tsp Cumin seeds
- ¼ tsp Fennel seeds
- 1 Amomum tsao-ko pod
- Salt to taste

- 1 Put the chili flakes, Sichuan peppercorn, pickled veggies, peanuts, and sesame seeds in a large heatproof bowl, saucepan, or wok.
- 2 Heat all of the rest of the ingredients in the oil, at medium-low temperature. Slowly infuse for 30 minutes, keeping the oil between 225-250°F so not to burn the spices. This can happen very quickly so keep a close watch and stir occasionally. Burning the spices will result in a bitter product.
- 3 Check the temperature keeping between 225-250°F for this next step, otherwise the oil will scorch the other ingredients.
- 4 Placing a fine sieve over the dry ingredients, carefully pour the hot oil over covering all surface areas and straining out the spices. Do this in two batches of pouring to ensure even coverage, and to prevent over-bubbling.
- 5 Transfer to a jar or container and store at room temperature. Use within 2 weeks.

**Preserved Lemon**

- 4-5 Lemons
- 1 tsp Black peppercorns
- ½ Cinnamon stick
- 1 Bay leaf
- Kosher salt
- Sterilized jar

*(Continued on next page)*

*(Preserved Lemon continued)*

- 1 Wash lemons and pat dry. Cut an X into the lemons, like you're about to slice into quarters but leaving ½" at the bottom still attached.
- 2 Rub kosher salt all over the outer and inner parts of the lemons, making sure every surface is covered in salt.
- 3 Put a layer of salt at the bottom of your jar, and sprinkle half the peppercorns and bay leaf. Put one layer of lemons in pressing down to release the juices. Put the cinnamon and rest of the peppercorns in.
- 4 Press the rest of the lemons in making sure to get all the juices out. Juice should cover all the lemons, use more as needed.
- 5 Store in a dark place for 3-4 weeks, shaking periodically to disperse the juices.
- 6 Once rinds are tender they can be used right away or stored in the fridge for many months.

### **Preserved Lemon Oil**

2 Preserved lemons  
1 cup Olive oil

- 1 Heat olive oil over medium low heat. Peel rinds of the preserved lemons carefully over a bowl, being mindful of the pith which is very bitter. Save the juices and set aside.
- 2 Add the rinds to the oil and simmer slowly for 20 minutes. Stir occasionally, turning the heat down with any sign of burning.
- 3 Once oil is aromatic, strain and let cool.
- 4 Transfer to a squeeze bottle for later use. Add the juices from the bowl and shake. Keep at room temp and use within two weeks.



Secondary Recipes

### **Chickpea Miso**

1 lb Dry chickpeas  
1 Sheet of kombu  
½ Package of shio koji  
2 tbsp Miso from a previous batch, or purchased raw miso  
¼ lb Salt, plus extra for preparing the culturing vessel

- 1 Soak chickpeas for 10-12 hours. Rinse and drain. Canned chickpeas will not produce the right product because they don't carry the proper enzymes needed for fermentation, so dry chickpeas should be used.
- 2 Combine the soaked beans with kombu and boil in fresh water until very soft. Alternatively, use a pressure cooker and follow the manufacturer's instructions. *(Continued on next page)*

*(Chickpea Miso continued)*

- 3 Drain the cooked beans and mash until relatively smooth. Some like a very smooth miso, while others prefer to leave some texture.
- 4 Add the salt and distribute evenly.
- 5 When the temperature is below 140°F, stir in the koji and miso. Anything higher will kill the good koji bacteria.
- 6 To prepare the culturing container, rinse with water and drain, but do not dry. Sprinkle salt liberally inside the container to lightly coat the sides and bottom with salt, to help prevent mold.
- 7 Pack the container with the bean mixture, adding small amounts at a time, packing well. There should be no air pockets. It helps to pound the container on a hard surface after each addition.
- 8 When the container is full, coat the surface of the miso with salt to form a protective crust. Weigh down the paste, cover the container, and culture in a cool, shaded spot for at least 3 months. At temperatures below 65-68°F, miso may take as long as 6 months or more to mature.
- 9 If mold forms on the surface at any point, you can scrape it off and continue with the ferment or use. At room temp, the flavor will continue to develop. Once in the fridge, the fermentation process slows down, and the miso can be kept there for years.

### **Miso-Cured Egg Yolk**

Cheesecloth  
Chickpea Miso  
Egg yolks

- 1 With a spatula, spread a layer of miso on the bottom of a container, something that is at least 1.5" deep. Spread cheesecloth across the top of this first layer.
- 2 Then carefully make little nests using the back of a spoon. Lay each yolk in their nest; Lay another sheet of cheesecloth over top. Gently pack more miso in between each yolk and carefully over the top.
- 3 Repeat layers until all yolks are used. Cover and fridge. Yolks only need 36 hours, for this recipe wait a week.
- 4 Recover each yolk and transfer to a parchment covered baking sheet. Save leftover miso for cooking and fridge. You can either freeze the cured yolks to grate immediately, or dry them out in the oven at 250°F for 30 minutes or until desired state.

### **Tofu Curd**

4 cups Fresh soy milk, unsweetened  
2-2 ½ tsp Liquid nigari or calcium sulfate/gypsum  
½ cup Water

*(Continued on next page)*



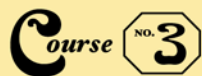
(Tofu Curd continued)

- 1 Mix 2 teaspoons of the liquid nigari/gypsum with the water in a small bowl and set aside.
- 2 Bring the soy milk to boil over medium heat in a pot, stirring constantly. Boil for 5-7 minutes, stirring constantly to prevent burning. Turn off heat.
- 3 Stir the soy milk a few times and while stirring, pour in half of the nigari/gypsum solution. Stir 5 times more and remove the spoon.
- 4 Sprinkle the rest of the water/nigari solution over the top of the soy milk. Cover and let rest for 8-10 minutes.
- 5 Lift the lid and with the back of a large spoon, press down to test the firmness of the tofu. When it is ready, any liquid should be a clear yellow, and should no longer be milky. If you still see milky liquid, mix the remaining ½ teaspoon of nigari/gypsum with 2 tablespoons of water and sprinkle it in the area where the tofu hasn't set. Cover and return to heat for 2 minutes.
- 6 Remove from heat and let sit covered another 3-4 minutes until set.
- 7 Set aside, can be made a day in advance.

### **Dill Oil**

1 cup Fresh dill  
½ cup Grapeseed oil/neutral vegetable oil

- 1 Boil a pot of salted water to blanch the dill and prepare an ice bath. Blanch for 5 seconds and then submerge in the ice bath.
- 2 Squeeze out any excess water from the dill. Add the dill and oil to blender and blend.
- 3 Allow oil to sit with dill overnight at room temperature.
- 4 Strain. Oil is ready to use and keeps well in the fridge for up to 2 weeks.



Secondary Recipes

### **Kombucha**

#### First ferment

14 cups Water  
1 cup Sugar  
2 tbsp Jasmine green tea  
Scoby mother  
Large 1-gallon jar  
Cheesecloth or coffee filter  
Rubber band

(Continued on next page)

(Kombucha continued)

- 1 In a large pot, boil water and dissolve sugar in it. Turn off heat and add the tea. Let steep until the water is cool. Hot water will kill the scoby mother.
- 2 Add tea to your gallon jar, and lay the scoby mother inside.
- 3 Cover with cheesecloth or coffee filter to let the tea breathe. Secure with a rubber band.
- 4 Let the tea ferment for 2 weeks in a dark place at room temperature, tasting the tea after the first week. As the scoby ferments the sugars and caffeine, it produces alcohol. The tea should taste sweet but will develop sour and vinegary flavors. During this time do not be concerned with movement of the scoby, it may sink to the bottom or float to the top, which is normal, as it is a live culture. Leaving the tea at room temperature with the Scoby will continue to ferment and become more sour.
- 5 Save 2 cups of this tea for your next kombucha batch. The rest will be used for your second ferment. At this stage the tea is drinkable. You can also fridge the tea until you want to proceed to the second fermentation step.

#### Second Ferment

Vegetable, fruit, or ginger cut up, 3-4 pieces per bottle  
Bottles with airtight seal  
Sweetener (sugar or honey)

- 1 Portion your vegetables, fruit, or ginger into the bottles. Add your sweetener to taste.
- 2 Using a funnel, portion tea into bottles, leaving at least 1.5" of air at the top. This is important.
- 3 Close and store in a dark place. As the tea begins to ferment the alcohol produced by the yeast into acetic acid, carbonated pressure will build as a result and require popping every couple days. If left unmonitored for too long, bottles can explode. The more sugar from your sweetener or food source, the faster the tea will carbonate.
- 4 Kombucha is ready in about 3-10 days. Once at the desired flavor, store in the fridge to slow fermentation.

### **Garlic Kombucha**

3 cups Kombucha  
10 Cloves of garlic

- 1 Follow Kombucha instructions for the first ferment.
- 2 When you're ready for the second stage of fermentation, add garlic and tea together and store for 3-10 days. Garlic will turn bright turquoise blue as a result, this is normal. Taste every day until desired flavor. Can be used within the first 4 days when the garlic is most pungent, and the liquid is tonic-like. If left longer than 10 days the kombucha will completely transform the sharp pungent flavor to very sweet. Almost blending in with the tea in flavor.

## ***Puffball Mushroom Powder***

4 Large puffball mushrooms, sliced in rounds  
Food processor or blender

- 1 If you own a dehydrator, merely dehydrate as normal. If without one, dehydrate mushrooms in the oven at 150°F or at lowest temperature.
- 2 Check in 1 hour, flip for evenness and periodically check until completely dry. This process can take a long time so be prepared to be at home. Puffball mushrooms take longer to dehydrate due to their structure, they will shrink more than 50% of their volume.
- 3 Once completely dry and cooled, pulverize the food processor of the blender and store.



Secondary Recipes

## ***Kombucha Strawberries***

1 cup Kombucha  
¾ cups Strawberries, tops removed and halved  
Bottle with airtight seal

- 1 Follow Kombucha instructions for the first ferment.
- 2 Add strawberries to the bottle and add tea. Ferment for 1 week, popping everyday until strawberries are soft but fizzy and tart. Strain tea and save for drinking. Set strawberries aside and fridge.

## ***Cacao Kombucha***

1 cup Kombucha  
1 tbsp Cacao nibs  
Bottle with airtight seal

- 1 Follow Kombucha instructions for the first ferment.
- 2 Add cacao nibs to the bottle and add tea. Cacao has caffeine in it so it tends to ferment quickly, taste test everyday until tea is fizzy and imbued with tart, toasty cacao flavor.
- 3 Strain and fridge.

## ***Raspberry Powder***

1 cup Freeze-dried or dehydrated raspberries

- 1 In a dry blender, pulverize raspberries into a fine powder.
- 2 Sift seeds through a fine sieve into a container. Use immediately or store up to 3 months.

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