Fresh Vegetable

BORLOTTI BEANS



Ref: BEA-01

Italian name: Faglioli botlotti freshi

Weight Order: 4-5 kg

Description: Borlotti beans, also known as cranberry beans or French horticultural beans, are off-white beans with red markings. They come in large beige and red pods with colors that resemble the dried beans. In the shell the borlotti's bright colored pods make a festive table accent. The shell is inedible, but the borlotti beans inside are a culinary treat. Nutty in flavor with a creamy texture, borlotti are popular in Italian cuisine.

Season: Summer

Serving suggestion: When cooked the beans will lose some of their bright markings and turn a light brown color. Their meaty, chestnut flavor make borlotti a wonderful main dish and a perfect side dish. Borlotti make an excellent cold bean salad, soak and cook them as you would any other dried bean (approx. 30 minutes cooking time) and then toss them with olive oil and a little Italian salad dressing, or lemon and herbs.

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