
Cooking With Rania

KDKA Pittsburgh Today Live 2/19/2014

Fassoulada (White Bean Soup)

INGREDIENTS

2 cups dried great northern beans
8 fresh sage leaves
Two 3-inch sprigs of fresh rosemary

Sauce:

4 teaspoons olive oil
4 ounces lean ham - chopped
2 large onions - diced
1/2 cup minced Italian parsley
1 large garlic clove - minced
3 teaspoons minced fresh basil
2 teaspoons tomato paste
2 - 16-oz cans crushed tomatoes with their liquid
Salt and fresh ground black pepper to taste
3 cups water

DIRECTIONS

The night before, place the beans in a pot and add enough cold water to cover them by three inches. Allow the beans to soak overnight.

Drain the beans and turn them back into a 5-quart pot. Sprinkle with sage and rosemary. Add enough water to cover by about 3-inches. Cover and bring to a boil - lower heat to a simmer and cook the beans for 1 hour. Drain the beans and return them to the pot.

Meanwhile - make the sauce. Heat the oil with the ham in a heavy 4-quart pot. Add the onions and parsley. Sauté the onions until golden. Blend in the garlic, basil and tomato paste. Add the tomatoes and cook the sauce for 5 minutes - uncovered. Season with salt and pepper to taste. Add the tomato sauce along with the 3 cups of water to the beans. Bring the mixture to a gentle boil. Partially cover and cook the bean/tomato mixture for about 1 hour or until the beans are very tender and have the consistency of a very thick soup. Stir often to check for sticking.

Serves 6

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Spinach Salad with Honey Brown Butter Dressing

INGREDIENTS

- 4 tablespoons unsalted butter
- 1 shallot chopped
- 1 – 2 tablespoons balsamic vinegar
- 2 tablespoons honey
- Coarse salt and freshly ground black pepper to taste
- 6 – 8 cups baby spinach

DIRECTIONS

Melt the butter in a small skillet over medium heat. Add the shallot and cook until the shallot is tender and the butter begins to brown, about 3 minutes. Remove from heat and add in the in the vinegar, honey, salt and pepper to taste.

Toss the spinach with just enough of the warm dressing to coat lightly and serve immediately.

Serves: 4