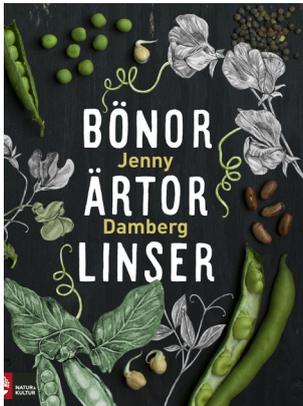


# BEANS, LENTILS & PEAS



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## Bönor, ärtor & linser

Jenny Damberg  
180x230, 144p

*As a basic ingredient few things are as versatile as peas. Take a packet of tinder-dry yellow peas. Midwinter they will be for perfect crispy falafel, a deliciously hearty soup, or a refreshing plate of crispy, sweet sprouts.*

**B**eans, lentils & peas takes on legumes in all their forms: fresh, frozen or dry. Among the recipes on offer a Georgian kidney bean stew with walnuts, deep-fried Brazilian acarajés filled with prawn, peanuts and coriander, pakora and pizza made with chickpea flour, and quick lentil soups. Tofu stews full of flavour, curries and chilis are also on offer. Easy gratins, spicy condiments, and what's more – irresistible stewed green peas.

On top of this you'll get the best recipe for hummus in the world, as well as a foundation course in making your own tofu. Both of a traditional sort using soya beans and a Burmese variety, ready in 15 minutes.

Jenny Damberg sprouts, soaks, grinds, mixes and cooks. By nature attuned to the law of least resistance she shares her own tricks and shortcuts, but also explains why, in some cases, the long way is the only way. The greater part of the book is vegetarian and the rest is easy to veganise, but the recipes can also be complemented with meat or fish to one's own taste.



## About the author

**Jenny Damberg** is a journalist and writer. She divides her time between Stockholm and the countryside, outside Norrtälje. *Beans, lentils & peas* is her first cookbook. She guarantees anyone will find success with these recipes, since she has herself done so.



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