



**Sustainable Solano**  
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

## **Cannellini Beans with Garlic & Sage**

1# dried cannellini beans (or others, i.e. Navy beans)

Water, as needed

2 T. olive oil + extra for drizzling

1 large head of garlic, unpeeled, root area washed or trimmed down, top ½" cut off

1 large sprig of fresh sage

¼ t. whole black peppercorns

1 t. kosher salt

1 ham hock, trimmed of excess fat (optional)

Sort through beans if needed to remove any dirt or stones. Place beans in a colander and rinse, stirring, to release any dirt. Transfer beans to a large bowl. Cover with cold water by 2 inches (about 8 cups) and set aside to soak for 8 hours or overnight.

Drain beans, and place in a heavy pot. Add 8 cups fresh water, 2 T. olive oil, head of garlic, sage, peppercorns and optional ham hock. Bring to a simmer over medium-high heat. Reduce heat to medium low; simmer partially covered 30-45 minutes, stirring occasionally, and skimming any foam that accumulates at the top.

Mix in 1 t. salt. Continue to simmer until beans are tender, adding more water if needed to keep beans covered, about 45-60 minutes longer. Spread beans out in a shallow pan to cool for 30 minutes. Meanwhile, (if using ham hock) remove ham from bone, and shred/tear into pieces.

Discard sage, peppercorns, and garlic (or squeeze out the now-soft garlic cloves into the bean liquid). Season beans to taste with additional salt & ground pepper. Drizzle with olive oil and serve.

Makes about 6 cups.

**Buy local! Get produce for this recipe from small Solano County farms.**  
Visit <http://sustainablesolano.org/local-food/> for resources and information.