

How to Cook Dried Beans and other Pulses

Combo Steam Oven

Instructions:

1. Place dry beans in a hotel pan. Cover by 2 inches of cold water. Soak overnight.
2. Drain, rinse well and return to the hotel pan. Cover by 2 inches of cold water. And add additional falvoring.
3. Set the oven Steam 100%, Temp 212°F/100°C Set the time according to bean type.
4. Place the container in the oven. Check on beans 30 min before the end of set cooking time and adjust the time if needed.
- 5 . Remove from oven and add additional ingredients to your liking.

How to Cook Dried Beans and other Pulses

Convection Oven

Instructions:

1. Soak the beans: Eight hours or the night before you want to cook the beans in refrigeration (do not soak at room temp, as this can cause the beans to ferment), pour them into a bowl and cover them with water at least 2 inches above.
2. The following method still works really well even if you *don't* soak your beans. I do try to remember to soak as I find they cook faster and more evenly — especially when dealing with larger variety beans.
3. Heat the oven to 325°F. Drain and rinse the beans, then place them in hotel pan. Stir in desired flavorings.
4. Cover the beans with water by at least two inches. Cover and place in oven.
5. Cook for 90 minutes. Taste the beans to see if they are soft and cooked through. Small beans, such as little pintos, will often be done at this point, especially if they soaked all night. If they are still mealy or crunchy inside, put them back in the oven and continue checking in 15 to 20 minute intervals until done. This will usually take no more than 90 minutes, but allow more time if your beans are large, or if they weren't soaked. Taste and season with additional salt if desired.

How to Cook Dried Beans and other Pulses

Kettle

Instructions:

1. Soak the beans: Eight hours or the night before you want to cook the beans in refrigeration (do not soak at room temp, as this can cause the beans to ferment), pour them into a bowl and cover them with water at least 2 inches above.
2. The following method still works really well even if you *don't* soak your beans. I do try to remember to soak as I find they cook faster and more evenly — especially when dealing with larger variety beans.
3. Once Beans have pre-soaked drain and rinse, this will remove most of the starches and acids which will also reduce gas.
4. Place the beans in the kettle, stir in desired flavorings.
5. Cover the beans with water by at least two inches.
6. Cook for 90 minutes. Taste the beans to see if they are soft and cooked through. Small beans, such as little pintos, will often be done at this point, especially if they soaked all night. If they are still mealy or crunchy inside, continue cooking at a medium boil checking every 15 to 20 minute intervals until done. This will usually take no more than 120 minutes, but allow more time if your beans are large, or if they weren't soaked. Taste and season with additional salt if desired.

Note: Smaller beans will cook faster. Larger beans can take significantly longer. During later times of the year they can take a little longer to cook as the beans age, this a natural occurrence in beans.

Peas and Lentils:

There is a significant cooking variance in dry beans vs Peas and Lentils. The same process can be achieved with a quicker cook time.