



BRIDPORT and DISTRICT ALLOTMENTS SOCIETY

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LEEK and BUTTER BEAN BAKE



- 2 Tins of butter beans (drained and rinsed)
- 3 Leeks (cleaned and thinly sliced)
- 2 Large cloves of garlic (chopped)
- 1 Knob of butter
- 1 Tbsp oil
- 140ml. Cream
- 1 Big handful of grated Parmesan cheese
- Salt and pepper to taste

Sweat the leeks and garlic in the oil and butter adding salt and pepper to taste Stir in the butter beans and add the cream Put into a shallow, buttered dish and sprinkle with Parmesan Bake in a hot oven (230c/gas 8) for 10-15 minutes until golden

If using dried beans-soak 340g/12oz overnight, rinse, cover with water and bring to the boil. Turn down to a simmer and cook for about 1 1/2 hours until tender then drain.

Adapted from a Jamie Oliver recipe