ADD VALUE WITH PULSES
PICKLED WHITE BEANS

Pickled pulses can take appetizers, salads and mains to new heights and bring additional value to menus. Pulses are enhanced by the acid in the brine and it’s worth experimenting with a range of vinegars and spices to create exciting flavour combinations that will interest and entice your customers.

Directions:
1. Combine vinegar, water, mustard, honey, salt, pepper and shallots in a saucepan and heat.
2. Stir in the cooked beans, cover with a lid and bring to a quick boil. Turn off the heat and allow the pulses to marinate until brine has cooled for at least 1 hour.
3. Use to top salads, sandwiches and tapas.

Notes:
- Pulses cooked from dry may be the best option for this application. You have greater control of the texture of the cooked pulse.
- Try experimenting with a range of vinegars, citrus juices and spices.
- Other pulses can be pickled as well.
- The longer the pulses sit in the brine, the greater the flavour.
- The level of acid, honey and salt can easily be adjusted based on preference and application.

Source: Pulsecanada.com