

Granddad Bytham's Salted Beans

Salt has been used to preserve food throughout history, and this recipe was used by Granddad Bytham to preserve broad beans so they can be enjoyed in the winter. With the advent of the freezer recipes like these became redundant, however it is important for us to remind ourselves of the low tech ways of living.

You Will Need

- An opaque container, it is important to prevent light getting to the beans a plastic box is ideal
- 3-4lb of Broad Beans (although this recipe will work with any type of bean)
- 1 pound of Salt

Method

1. Cover the bottom of the container with salt
2. Place a handful of beans on top of the first layer of salt
3. Cover the beans with another layer of salt
4. Repeat until the jar is full and all of the beans have been covered



How to Use

When you want to use some of the beans, simply take them from the salt and rinse with cold water then boil them (without adding any more salt). Avoid soaking the beans as this makes them tougher to cook.