

Kuru Fasulye (Turkish White Bean Stew)

Turkish · Main Course · Easy · 105 min total · Serves 4

Kuru fasulye is Turkey's beloved white bean stew: dried beans simmered slowly with onion, green pepper and red pepper paste until creamy in a thick, rust-colored broth. Serve it with rice pilaf.

Ingredients

- 1 lb dried white beans (navy or Great Northern; soaked overnight)
- 2 tbsp olive oil
- 2 tbsp butter
- 1 medium onion (finely chopped)
- 1 small green bell pepper (finely chopped)
- 2 tbsp tomato paste (or 1 tbsp biber salçası plus 1 tbsp tomato paste)
- 1 tsp sweet paprika
- 1 tsp salt (added once the beans are tender)
- 0.5 tsp ground black pepper
- 1 bay leaf
- 6 cup water (hot, plus more as needed)
- 0.25 cup flat-leaf parsley (finely chopped, to garnish)

Method

1. Soak the dried beans overnight in cold water covering them by about 3 inches (7.5 cm), hands-off, then drain and rinse them well.
2. Put the beans in a heavy pot with 6 cups of fresh water and the bay leaf, bring to a boil, skim off the foam, then reduce to a gentle simmer for 45 to 60 minutes until the skins just begin to split and the centers are still firm.
3. Heat the oil and butter in a skillet over medium heat, cook the onion for 8 minutes until soft and golden, add the green pepper for 4 minutes, then stir in the tomato paste for 1 minute until brick-red; take the pan off the heat and stir in the paprika so it does not scorch.
4. Stir the skillet mixture into the beans, add hot water if they are no longer covered, and simmer uncovered over low heat (around 190°F / 88°C) for 30 to 40 minutes, stirring gently every 10 minutes, until the beans are creamy and the broth is thick.
5. Add the salt and black pepper, simmer 5 minutes more, then mash a few beans against the side of the pot with a spoon to thicken the broth.
6. Rest the stew off the heat for 10 minutes, remove the bay leaf, and serve hot with rice pilaf, pickles and a sprinkle of parsley.