

KITCHENART

THE STORE FOR COOKS

1550 Win Hentschel Blvd.

West Lafayette, IN 47906

(765) 497-3878

*Recipes excerpted from **The Pressure Cooker Gourmet** by Victoria Wise. (c) 2003, used with permission from The Harvard Common Press. All rights reserved.*

Not-So-Classic Red Beans and Rice **with Fresh Thyme and Andouille Sausage**

There's almost no way to go wrong with a combination of beans whatever color, and rice, whichever style. Even so, the red beans and rice of Louisiana are renowned in that field. The blue ribbon is given not only for the undoubtable nutrition the dish proffers but also for its rich flavor and good looks. In my modern take on the classic, red beans and rice are seasoned with fresh, not dried, thyme, garnished with a few thin rounds of sausage or ham over the top, not mixed in, and sprinkled with fresh parsley. Otherwise, it's the same hearty, filling, satisfying dish of tradition.

Makes 4 to 6 servings.

3 cups Basic Red Kidney Beans (see below instructions)
plus 1/4 cup of the cooking liquid, warm
1 teaspoon chopped fresh thyme
2 tablespoons butter, at room temperature
1 tablespoon red wine vinegar
Salt and freshly ground black pepper, to taste
3 cups cooked long grain white rice, warm
1 small andouille sausage, cut into 12 thin rounds, or 4 slices
smoked ham, cut into thin shreds, for garnish
1/4 cup chopped fresh flat-leaf parsley, for garnish
Tabasco or other hot pepper sauce, for serving

1. Combine the kidney beans and their liquid, the thyme, butter, vinegar, and salt and pepper in a large bowl and toss to mix.
2. Place the rice on a serving platter. Mound the beans over the rice. Arrange the sausage rounds over the top and garnish with the parsley. Serve warm with the hot sauce on the side.

Basic Red Kidney Beans

Makes 3 cups.

1-1/2 cups dried red kidney beans
6 cups water
1-1/2 teaspoons salt

1. Place the beans and water in the pressure cooker. Lock on the lid and bring to pressure over high heat, about 6 minutes. Reduce the heat to medium and cook for 20 minutes. Remove from the heat and let sit for 10 minutes to finish cooking.

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2. With the steam vent pointed away from your face, gently release any remaining pressure, taking good care because there will probably be some. Carefully remove the lid and stir in the salt. Use right away or cool completely and refrigerate, covered, in the cooking liquid for up to 5 days.

[Editor's Note: If you prefer cooking the kidney beans in a saucepan on a stovetop, here's how!]

Basic Red Kidney Beans (Saucepan/Stovetop Method)

Makes 3 cups.

1-1/2 cups dried red kidney beans

5 cups water

1. Presoak the beans overnight, or Quick Soak according the instructions above. Drain and rinse the soaked beans.
2. Place the beans and water in a covered saucepan and bring to a boil. Reduce the heat and simmer for 60- 80 minutes or until the beans reach the desired tenderness. Cooking time may vary based on the specific variety of bean and their age.