



## COOKING TIMES

1 Cup (225g) dried bean cooked in 4 x volume water:

Bean Type	Cooking Time	After Yield
Aduki Beans	45 mins - 1 hour	2 cups
Black Beans	45 mins - 1 hour	
Black Eyed Beans (Cow Peas)	45 mins - 1 hour	2 cups
Borlotti Beans	1 hour	
Broad Beans	1½ hours	
Brown and Continental Lentils	35 - 40 mins (1 - 1 hr 15 mins unsoaked)	2¼ cups
Butter Beans	1½ - 3 hours	2 cups
Cannellini Beans	1 - 2 hours	2 cups
Chick Peas (Garbanzo Beans)	1½? - 3 hours	2 cups
Flageolets	1½ hours	2 cups
Haricot Beans	1 - 1½ hours	
Lima Beans	45 mins - 1 hour	
Mung Beans	20 - 30 mins (30 - 35 mins unsoaked)	2½ cups
Peas	45 mins	
Pinto Beans	1½ - 2 hours	2 cups
Red Lentils	15 - 20 mins (20 - 30 mins unsoaked)	
Soya Beans	3 - 4 hours	
Split Peas	30 mins (40 - 45 mins unsoaked)	

1 Cup (225g) grains cooked in 4 x volume water:

Grain Type	Water	Simmering Time	After Yield
Barley	3 cups	1¼ hrs	3½ cups
Brown Basmati Rice	1½ cups	25 mins	2¼ cups
Brown Short or Long Grain Rice	2 cups	45 mins	3 cups
Buckwheat	2 cups	15 mins	2½ cups
Millet	3 cups	35 - 40mins	3½ cups
Quinoa	2 cups	15 mins	2½ cups
Wild Rice	3 cups	45 - 50 mins	4 cups

**Credit:** "More Healing Foods" by Jane Sen (BCHC Cook), London, Thorsons, 2001(1st ed.) and "The Bean Book" by Rose Elliot, Glasgow, Collins & Co. Ltd., 1985.



## VEGAN ORIENTATED COOKBOOKS

Elliot, Rose (1985) *The Bean Book*, Glasgow, Collins + Co. Ltd.

Polunin, Miriam (1997) *Healing Foods*, London, Doring Kindersley, ISBN 0-75130412-3

Sen, Jane (1998) *The Healing Foods Cookbook: The Vegan Way to Wellness*, London, Thorsons (1st ed.), ISBN: 0-00-710816-8

Sen, Jane (2001) *More Healing Foods: Cook at BHC*, London, Thorsons (1st ed.).

Wells, Troth (2001) *Quick + Easy* by Oxford, NI Publ. Ltd., — Brings World Recipes to Western Kitchen in, as it the title says, a quick + easy format. So lots of recipes for those healthful common ingredients: chickpeas, lentils, rice, nuts, the c spices (coriander, cumin etc.), coconut milk, tomato plus more unusual ingredients like: plantain, okra, galanga, tamarind. Well indexed by ingredient. Fits in well with the New Spice Co. range launched by Seasoned Pioneer [www.seasonedpioneers.co.uk](http://www.seasonedpioneers.co.uk) or call 0800 0682348.