

SL OW- RO AS TED BRO AD BEANS

by Sheila and Matt Neal of Neal's Deli, Carrboro, North Carolina

WE THI NK OF OUR PASTRAMI PLA TE AS A MO DERN MEA T-AND-T WO , built around our house-smoked pastrami and a couple of side dishes from the deli case. Broad beans, also known as Roma beans, are one of our favorite sides at the deli. We serve this dish every year when they are plentiful. (We cook most of our sides with vegetables procured from nearby farmers.) They make a great plate with our pastrami and creamy coleslaw. This is a great entertainment dish: It's economical, it feeds a crowd without too much work for the cook, and it tastes better if made a day ahead.



ING RED IENTS

2 5 lbs. broad beans (also called Roma beans), rinsed and stemmed
5 cup peeled and thinly sliced garlic
2 cups diced yellow onion
2 medium-sized tomatoes, grated*
1 teaspoon granulated sugar
5 teaspoon black pepper, coarsely ground
4 teaspoon red pepper flakes
1 tablespoon, plus 1 teaspoon kosher salt
3 bay leaves
1 cup water
5 cup extra-virgin olive oil

PROCE DU RE

Heat oven to 350 degrees.

Gently and thoroughly combine all the above ingredients in a roasting pan. Place parchment paper directly onto the beans. Cover the pan with a tight-fitting lid or foil. Cook until the beans are tender, stirring well every 15 minutes for about an hour and 15 minutes. Keeps well for 3 days.

* This is a great trick we try and share with everyone. The easiest way to “peel” tomatoes is to grate them. Cut the tomato in half, and with your fingers remove as many seeds as you can. Place the cut side of the tomato down on the coarse holes of a box grater. Run the tomato back and forth until all the flesh is grated and you are left with the skin. Discard the skin. 🍷

Photograph by Sara Camp Arnold.