



UMNGQUSHO SAMP AND BEANS

Soak samp overnight in water. Drain, rinse and place in a pot with 1 ℓ vegetable stock and a pinch of salt. Bring to the boil, reduce the temperature and simmer for about 1 hour.

To finish the dish, heat 300 ml vegetable stock in a pot over medium to low heat. Add samp, cannellini beans, kidney beans and chickpeas and stir with a wooden spoon until heated through. Slowly add 10 g of the butter at a time while stirring, followed by grated Parmesan. If the mixture becomes too thick, add some more of the remaining vegetable stock.

Sauté spinach and mix through the samp and beans. Taste to adjust the seasoning, garnish with Parmesan shavings and serve hot with roasted onion halves.

Serves 4-6

300 g samp
1,5 ℓ vegetable stock
pinch of salt
50 g cannellini beans
50 g kidney beans
50 g chickpeas
50 g butter
50 g Parmesan, grated
60 g spinach, chopped
salt and pepper
Parmesan shavings, to serve