HOW TO PREPARE AND COOK

There are two steps to cooking beans: soaking and cooking.

Soak beans in three times their volume of cold water for ten hours before cooking. After soaking, drain the beans and add fresh water to the cooking pot. Bring the beans to a boil, and then lower the heat and simmer for 90 minutes, or until the beans are tender. Beans are done when they can be easily mashed between two fingers or with a fork. Drain almost all cooking liquid from beans (reserve for making soup if desired) and season beans with sea salt and pepper to taste. Dress beans with oil at the table.
The FAGIOLO CUNEO Protected Geographical Indication is an Italian common bean, belonging to the so-called Billò variety. The cultivation of this bean in Cuneo province, Piedmont region, Northern Italy, started about 60 years ago.

The dried seed must have the following characteristics: minimum vertical and horizontal diameters of 9 and 14 mm, cream in colour with brown/purplish veining, high iron and protein content.

A good diet always contains pulses, the nutritionists assert. It is well known that dry seeds of beans represent an affordable and inexpensive source of proteins despite being deficient in the sulphur amino acids. In addition, FAGIOLO CUNEO seeds are rich in complex carbohydrates, dietary fiber, starch, minerals and vitamins. Like other legumes, common bean seeds contain a number of bioactive compounds including enzyme inhibitors, lectins, phytases, oligosaccharides and phenolic compounds, which play metabolic functions.

The production area of FAGIOLO CUNEO Protected Geographical Indication comprises all 183 municipalities of the Province of Cuneo. The area is an exclusively Piedmont area, lying at between 200 and 800 metres above sea-level and is surrounded by the Maritime Alps.

Our beans are easily harvested and are traditionally grown on a "tee-pee" framework of several long poles tied together at the peak with four to six seeds planted at the base of each pole. The extensive areas planted with FAGIOLO CUNEO benefit from the cool climate, the high number of days of sunshine, light breezes, an absence of sultry weather and haze in summer and a marked difference between day-time and night-time temperatures, producing beans of excellent quality. The changes in temperature during the day together with the high levels of light give the pods more pronounced colour and firmness.