

Ingredients

- White beans
- Salted butter
- farmhouse bread, cut thick. If unavailable, baguette cut in half lengthwise.



Preparation & Cooking

Unless precooked, soak and cook beans until almost a purée

If you cook for several people, you multiply the proportions according to their number.

Serving

If I am on my own and decide to have a grillée, I first warm up my cooked beans in a saucepan for three or four minutes.

Meanwhile, I toast two slices of farmhouse bread or the two halves of my half-baguette.

Butter the bread generously with salt butter (essential), and when beans are warm enough spread on bread.

Warning!

Not exactly recommended for people suffering from high cholesterol, but delicious

Gerard Hocmard, France

Background Notes

I practically never cook. But among the things I can prepare on occasion is this one from the Vendée, where my mother's side originates.

Mojettes are a local race of small white beans special to the Vendée area and for a long time, they were the daily fare of a rather poor population. What proteins people got came from the sea shells they collected at low tide, with, on Sundays, a chicken from their home breed. When I was a child in the late forties there was always a cauldron on the fire in the homes I visited, with mojettes simmering in it.

Buy beans (even if they are not "mojettes"), shell them, if necessary keep them soaking in water for a day and then cook them slowly, long enough for them to be almost reduced to a purée. I must admit I buy jars of cooked mojettes.