

PHILL NIBLOCK'S FAMOUS EI STYLE BEAN SOUP FOR SCREEN COMPOSITIONS (EVERY YEAR)

At art openings at the Experimental Intermedia house in Gent Belgium (experimentalintermedia.be), it has been the tradition to serve a fresh Bean Soup. It is an ad hoc recipe, using different combinations of beans each time, and usually at least two kinds. And different combinations of vegetables, but always very much garlic.

"RECIPE"

two boxes (or bags) of beans, preferably different, soaked overnight and drained
garlic, chopped or crushed, browned in olive oil, at least one head, large
several onions, chopped fine and browned as well
sweet peppers, various colors (important), chopped and browned
mushrooms, chopped and browned
carrots, six to ten, chopped to bite size pieces
other vegetables - such as broccoli, zucchini, tomatoes, etc.

the browned garlic, onions, peppers and mushrooms are cooked sequentially in the same pot, and separated. they are combined with the other vegetables and water, and cooked for several hours. to this are added spices - mixed Italian herbs, including oregano, basil, rosemary, etc., and vegetable bouillon. moderate amounts of chili and salt, black pepper.

cook the soup for about 6 hours, then add some more vegetables at least two hours before serving.

this is a vegetarian soup.

but in a separate large pot, fry some chopped bacon, then add part (half) of the soup to this pot to make a meat version.

serve with hearty whole grain bread sliced thick, and butter (or olive oil).

toppings: chopped cilantro, plain yogurt, any chili or hot sauce.