

## Basic samp and beans

*Serves 6*

2 cups samp

2 cups dried borlotti beans

1 l chicken stock,  
plus extra water

2 tsp salt

1 tsp pepper

1 bay leaf

pinch of paprika

2 tbsp of bacon or  
pork lard – or other  
'tasty' fat (some people use butter!)



Put the samp in a sieve and rinse it a few times until the water runs clear and some of the loose starch has been removed.

Place the samp and borlotti beans in a large bowl and cover with water.

Soak for eight hours.

Discard the soaking liquid and place the samp and bean mixture in a large heavy-bottomed pot.

Cover with the chicken stock and water until the contents of the pot are just covered.

Add the salt, pepper, paprika and bay leaf.

Bring gently to the boil.

Turn the heat down to low and cover.

Leave to simmer, without stirring, for about two and a quarter hours.

Check during cooking and replenish the liquid if necessary.

Once the contents of the pot are cooked to your liking (I like them softened, but not to the point that they are 'mushy'), turn the heat off. (Most of the water should have evaporated at this stage.)

Gently stir in the fat.

Serve.