Rosemary White Beans and Mushrooms with Bread

2 bowls of mushroom-white bean topping, each with 60 g (about 2.1 oz) soft bread | Active 14 min | Cook 10 min | Total 28 min

Ingredients

• 250 g (about 8.8 oz) cultivated white button or cremini mushrooms (Agaricus bisporus), cleaned and cut into 3 mm (about 1/8 in) slices; do not substitute wild or specialty mushrooms in this timed method

• 240 g (about 8.5 oz) ready-to-eat canned cannellini beans, drained and rinsed

• 60 ml (about 1/4 US cup) water, divided: 30 ml (about 2 US tbsp) and 30 ml (about 2 US tbsp)

• 20 g (about 0.71 oz) tomato paste

• 10 ml (about 2 US tsp) olive oil

• 5 g (about 1 large clove) garlic, finely chopped

• 2 g (about 2 US tsp finely chopped) fresh rosemary leaves, very finely chopped

• 10 ml (about 2 US tsp) lemon juice

• 1 g (about 1/8 US tsp plus a small pinch) fine salt

• 0.3 g (about 1/8 US tsp) ground black pepper

• 120 g (about 4.2 oz) soft bread, divided 60 g (about 2.1 oz) per person

Set out

1000 W microwave with turntable, Microwave-safe bowl, 1.5 L (about 1.6 US qt) capacity, about 18 cm (about 7 in) inside diameter, Microwave-safe vented cover, Knife and board, Spoon, Kitchen scale and measuring jug, Food thermometer, Oven mitts, Two serving bowls

Allergens

Wheat. Check labels and substitutions.

Make it

1. Put the mushrooms, olive oil, garlic, rosemary and 30 ml (about 2 US tbsp) water in the 1.5 L (about 1.6 US qt) bowl. Cover with the vented cover. Microwave at 1000 W full power for 3 minutes, stir well, then cook 2-3 minutes more until the mushrooms are soft. Keep all the juices.

2. Stir in the beans, tomato paste, remaining 30 ml (about 2 US tbsp) water, salt and pepper. Cover again and microwave at full power for 2 minutes. Stir carefully from the bottom, then cook 1-2 minutes more until the center and several other places reach 165°F/74°C.

3. Stand covered for 2 minutes. Stir in all 10 ml (about 2 US tsp) lemon juice and taste the fully hot cooked mixture. The sauce should coat the beans, with a little juice to scoop with bread.

4. Divide all the mushroom-bean mixture and juices between two bowls. Serve 60 g (about 2.1 oz) soft bread with each. No toaster or frying-pan stage is part of the recipe.

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The whole water measure is used

The first 30 ml (about 2 US tbsp) helps the mushrooms steam; the other 30 ml (about 2 US tbsp) loosens the tomato paste with the beans. Mushroom juices are retained rather than drained.

Choose ready-to-eat beans

Use commercially canned cooked beans here. Raw or soaked dried beans are not an equivalent microwave ingredient.

Ingredient labels

Bread may also contain milk, soy, sesame or other allergens. Check labels and any substitutions.

A useful detail

The 28-minute estimate includes slicing and measuring, up to 10 minutes sequential heating, the 2-minute stand and serving. The mushroom cook is intentionally soft and moist, not a false browning step. Times are starting ranges for a 1000 W microwave. Use the stated power setting, stir and turn as directed, and use the food endpoint rather than the clock alone. A different wattage or bowl shape may need additional short bursts.

Another way

Use 240 g (about 8.5 oz) drained ready-to-eat canned butter beans instead of cannellini beans; stir gently to keep the larger beans intact.

Replace 2 g fresh rosemary with 1 g dried thyme, about 1 tsp. Add it at the same first cooking stage.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Keep bread separately. Reheat covered with one or two stirs until 165°F/74°C throughout, then stand 2 minutes.