

*The Swedish
Brown
Bean...*





... is still a cultural heri

Although the brown bean is a very old Swedish agricultural crop, it is not well-known in the Swedish kitchen. For most people the bean is associated with a single traditional dish – sweet and sour bean stew. However, the bean has wide potential and can be used in many combinations; both for hot dishes during the cold of winter and in salads at garden parties during summer.



tage of Öland and Sweden

Historical information on the use of brown beans only dates back 120 years but dried beans and peas have been used in Sweden for centuries due to their storability and high nutritional value.

Today, the brown bean of Öland is a food and agricultural heritage of Sweden that is unfortunately facing the threat of extinction. Only a handful of growers produce beans, on roughly 500 hectares.

The nutritional value of the brown bean, its fibre content and its relatively low price make the bean a smart and healthy food.

The bean dishes in this brochure are intended to provide inspiration in your own home cooking. We have tried to include some ideas for Swedish and international-style recipes that are suitable for all seasons.

Real Hulterstad Beans

Nutritive value per portion without accompaniments: approx. 881 kJ/209 kcal, 8 g fat, 6 g protein, 26 g carbohydrate, 7 g fibre

This fresh salad is as thrilling as the fauna of the bare limestone soil of Öland. It is suitable as a light lunch or as a starter. The bean keeps hunger at bay for a long time. To improve the taste, prick the beans lightly before adding the dressing and for some extra flavour, scatter thin slices of red onion over the salad. The mild taste of the onion together with a coarse rye bread complement this salad perfectly.

Ingredients	1 portion	25 portions	100 portions	Your own
Brown beans	30 g	750 g	3 kg	
Cucumber	50 g	1.25 kg	5 kg	
Tomato	65 g (1 piece)	1.6 kg	6.5 kg	
Iceberg lettuce	35 g	875 g	3.5 kg	
Red onion	15 g	375 g	1.5 kg	
Dressing				
Oil	9 ml	0.27 l	0.9 l	
Vinegar	3 ml	75 ml	0.3 l	
Water	3 ml	75 ml	0.3 l	
French mustard	1 ml	25 ml	0.1 l	
Garlic	¼ clove	6 cloves	20 cloves	
Salt	1.5 g	2 tbsp	0.12 l	
Lemon pepper	0.5 g	1¾ tbsp	0.1 l	

100 grams dry beans ≈ 260 grams of boiled beans



1. Soak the beans in cold salted water (1 tbsp salt per litre of water) for at least 14 hours.
2. Pour off the water and rinse the beans. Cook the beans in lightly salted water (1 tbsp salt per litre of water) until soft, 60-90 minutes. Pour off the water again and let the beans cool.
3. Mix the ingredients for the dressing.
4. Rinse the vegetables. Cut the cucumber into rectangular pieces and the tomatoes into slices. Shred the iceberg lettuce and cut the red onion into thin slices.
5. Mix the beans and vegetables and sprinkle the dressing on top.
6. Leave the salad for one hour before serving. Coarse rye bread is the perfect accompaniment to this salad.

Ryd Bean Guzzle

On Öland, the bean is king. The neutral taste of the bean and its visual impression make it an obvious ingredient. If you want this dish to be typically 'Ölandic', choose tasty sausage from Öland to serve with the pasta.



1. Soak the beans in cold salted water (1 tbsp salt per litre of water) for at least 14 hours.
2. Pour off the water and rinse the beans. Cook the beans in lightly salted water (1 tbsp salt per litre of water) until soft (60-90 minutes). Pour off the water again and let the beans cool down.
3. Boil the spiral macaroni according to the instructions on the package.
4. Mix the ingredients for the dressing. Pour it over the beans and leave for at least 30 minutes.
5. Dice the pepper, baby maize and sausage into small pieces. Shred the leek. Add the cooked, cooled macaroni and remaining ingredients to the beans. Mix the salad carefully.
6. Keep the salad cool before serving. A slice of toast goes well with this.

Nutritive value per portion without accompaniments: approx. 1749 kJ/416 kcal, 16 g fat, 10 g protein, 53 g carbohydrate, 7 g fibre

Ingredients	1 portion	25 portions	100 portions	Your own
Brown beans	30 g	750 g	3 kg	
Spiral macaroni	35 g	875 g	3.5 kg	
Red or yellow pepper	20 g	500 g	2 kg	
Baby maize	25 g	625 g	2.5 kg	
Spicy sausage	15 g	375 g	1.5 kg	
Leek, shredded	10 g	250 g	1 kg	
Dressing				
Oil	2 tsp	0.3 l	0.12 l	
Vinegar	3 ml	0.1 l	0.4 l	
Water	3 ml	0.1 dl	0.4 l	
Salt	1 ml	1 ¼ tbsp	0.075 l	
Garlic	¼ clove	6 cloves	20 cloves	
Black pepper	½ ml	1 tsp	1 ½ tbsp	

100 grams dry beans ≈ 260 grams of boiled beans

Södvik Bean Goulash

The summer sunshine on Öland gives taste and colour to vegetables and the fertile soil is favourable for growing brown beans. This bean goulash is quick and easy to prepare if you have cooked beans to hand. The red wine makes the dish more interesting, but can also be replaced with vegetable stock.

1. Soak the beans in cold salted water (1 tbsp salt per litre of water) for at least 14 hours.
2. Pour off the water and rinse the beans. Cook the beans in lightly salted water (1 tbsp salt per litre of water) until soft, 60-90 minutes. Pour off the water again.
3. Chop the onion, mushrooms, pepper and garlic into small pieces. Fry in margarine on a low heat. Add the tomato paste and finally beans, wine and stock.
4. Let the goulash simmer for 10 minutes. Season with black pepper if necessary. Serve with coarse rye bread and a green salad.

Nutritive value per portion without accompaniments: approx. 836 kJ/198 kcal, 4 g fat, 6 g protein, 26 g carbohydrate, 7 g fibre

Ingredients	1 portion	25 portions	100 portions	Your own
Brown beans	30 g	750 g	3 kg	
Onion	25 g	600 g	2.4 kg	
Mushroom	25 g	625 g	2.5 kg	
Pepper	30 g	750 g	3 kg	
Garlic	¼ clove	6 cloves	20 cloves	
Margarine	4 g	100 g	400 g	
Tomato paste	15 g	375 g	1.5 kg	
Red wine	25-35 ml	0.6-0.9 l	2.4-3.5 l	
Vegetable stock	60 ml	1.5 l	6 l	
Black pepper	½ ml	1 tsp	1 ½ tbsp	

100 grams dry beans ≈ 260 grams of boiled beans





Nourishing Kastlösa Bean Stew

The raw ingredients produced on Öland can provide delicate flavours or rich, tasty food. The bean forms the body of this stew, while thyme and black pepper provide the dish with its character.

1. Soak the beans in cold salted water (1 tbsp salt per litre of water) for at least 14 hours.
2. Pour off the water and rinse the beans. Cook the beans in lightly salted water (1 tbsp salt per litre of water) until soft, 60-90 minutes. Pour off the water again.
3. Cut the beef into 3x3 cm cubes and the onion into slices. Mix the water, stock, tomato paste, spices and garlic in a saucepan and bring to the boil. Add the meat, cover with a lid and simmer lightly for about 60 minutes.
4. Rinse the mushrooms and cut into four. Peel and dice the carrots.
5. Add carrots and beans to the stew. Simmer for 15 more minutes and then add the mushrooms. Simmer for another 15 minutes and season to taste.

Nutritive value per portion without accompaniments: approx. 1157 kJ/276 kcal, 10 g fat, 14 g protein, 25 g carbohydrate, 7 g fibre

Ingredients	1 portion	25 portions	100 portions	Your own
Brown beans	30 g	750 g	3 kg	
Prime rib beef	70 g	1.75 kg	7 kg	
Onion	15 g	375 g	1.5 kg	
Garlic	½ clove	4 cloves	16 cloves	
Tomato paste	5 g	125 g	500 g	
Beef stock	0.08 l	2 l	8 l	
Rosemary	½ ml	1 tbsp	4 tbsp	
Thyme	¼ ml	½ tbsp	2 tbsp	
Salt	1 ml	1 ½ tbsp	0.1 l	
Black pepper	¼ ml	½ tbsp	2 tbsp	
Carrot	35 g	875 g	3.5 kg	
Mushroom	35 g	875 g	3.5 kg	

100 grams dry beans ≈ 260 grams of boiled beans

Runsten Bean Soup

This soup plays a natural and central role in cookery on the island of Öland, off the coast of south-east Sweden. When the winter storms howl along the coast, this delicate and nourishing soup will warm you up. Serve with home-made bread and season with strong spices.

1. Soak the beans in cold salted water (1 tbsp salt per litre of water) for at least 14 hours.
2. Pour off the water and rinse the beans. Cook the beans in lightly salted water (1 tbsp salt per litre of water) until soft (60-90 minutes) and then pour off the water again.
3. Clean and rinse the vegetables. Shred and/or cut into pieces.
4. Shred the pork and fry in butter or margarine.
5. Add the vegetables, stock powder, crushed tomatoes and rosemary. Simmer until the carrots are tender, 25 minutes.
6. Add beans, vinegar and bay leaf (if liked). Simmer for 10 more minutes. Scatter parsley over the soup and serve.

Nutritive value per portion without accompaniments: approx. 1373 kJ/327 kcal, 16 g fat, 10 g protein, 31 g carbohydrate, 6 g fibre

Ingredients	1 portion	25 portions	100 portions	Your own
Brown beans	30 g	750 g	3 kg	
Onion	20 g	450 g	1.7 kg	
Carrots, unpeeled weight	30 g	750 g	3 kg	
Courgette	60 g	1.5 kg	6.2 kg	
Garlic, crushed	½ clove	1 onion	2 onions	
Salt pork	35 g	875 g	3.7 kg	
Butter or margarine	4 g	90 g	375 g	
Water	0.15 l	3.75 l	15 l	
Vegetable stock powder,	7.5 g	190 g	750 g	
Crushed tomatoes	100 g	2.5 kg	10 kg	
Rosemary	1 ml	2.5 tbsp	0.1 l	
Vinegar	1 ml	0.025 l	0.1 l	
Parsley, chopped	1 tbsp	0.3 l	1.2 l	

100 grams dry beans ≈ 260 grams of boiled beans



Byxelkrok Bean Mix

A bean mix is both tasty and nourishing. It can be used either as a dish on its own or as a topping on bread. The dish consists of vegetables and beans. Minced meat and hot spices add flavour and texture. A dollop of sour cream is the perfect garnish...



1. Soak the beans in cold salted water (1 tbsp salt per litre of water) for at least 14 hours.
2. Pour off the water and rinse the beans. Cook the beans in lightly salted water (1 tbsp salt per litre of water) until soft, 60-90 minutes. Pour off the water again.
3. Clean and rinse the vegetables. Shred and/or cut into pieces.
4. Lightly fry the vegetables and the minced meat in butter or margarine.
5. Add beef stock, chilli and spices. Let the mixture simmer for 25-30 minutes. Add the beans after 20 minutes.
6. Season to taste and add chopped parsley. Serve with warm sliced bread and a dollop of sour cream.

Nutritive value per portion without accompaniments: approx. 1163 kJ/277 kcal, 9 g fat, 13 g protein, 31 g carbohydrate, 7 g fibre

Ingredients	1 portion	25 portions	100 portions	Your own
Brown beans	30 g	750 g	3 kg	
Onion	25 g	590 g	2.4 kg	
Carrot	30 g	780 g	3.2 kg	
White cabbage	35 g	935 g	3.8 kg	
Minced meat	50 g	1.3 kg	5 kg	
Butter/margarine	5 g	125 g	500 g	
Beef stock	0.1 l	2.5 l	10 l	
Chilli sauce	25 ml	0.65 l	2.5 l	
Garlic	½ clove	1 bulb	2 bulbs	
Salt	¼ ml	2.5 tbsp	0.1 l	
Black pepper, coarsely ground	¼ ml	1 teaspoon	1.5 tbsp	
Caraway seed	½ ml	2 tbsp	0.1 l	
Parsley, chopped	5 g	125 g	500 g	

100 grams dry beans ≈ 260 grams of boiled beans

Brown Bean Chilli Con Carne From Stora Frö

Although many Ölanders emigrated at the end of the 19th century, many later returned. This recipe is a well-known and popular dish brought back from America, but brown beans are used instead of white beans. The dish can be used as a weekday meal or as a main course at dinner parties. Carrots and parsnips make the dish rich and parsley adds colour.

Nutritive value per portion without accompaniments: approx. 1231 kJ/293 kcal, 11 g fat, 16 g protein, 26 g carbohydrate, 6 g fibre

1. Soak the beans in cold salted water (1 tbsp salt per litre of water) for at least 14 hours.
2. Pour off the water and rinse the beans. Cook the beans in lightly salted water (1 tbsp salt per litre of water) until soft, 60-90 minutes. Pour off the water again.
3. Fry the minced meat in some of the butter/margarine, add the root vegetables. Fry until golden brown.
4. Add the crushed tomatoes, beef stock, beans and spices. Let the stew simmer for about 30 minutes. Add chopped parsley.
5. Serve the stew with sliced bread and a fresh green salad.

Ingredients	1 portion	25 portions	100 portions	Your own
Brown beans	30 g	750 g	3 kg	
Butter/margarine	5 g	125 g	500 g	
Carrot, shredded	20 g	500 g	2 kg	
Parsnip, shredded	10 g	250 g	1 kg	
Onion	15 g	375 g	1.5 kg	
Minced meat	75 g	2 kg	7.5 kg	
Crushed tomatoes	50 g	1.2 kg	5 kg	
Meat stock	0.05 l	1.2 l	4.8 l	
Garlic	¼ clove	6 cloves	20 cloves	
Black pepper	½ ml	2 teaspoons	2 tbsp	
Salt	1 ½ ml	2 ½ tbsp	0.15 l	
Chilli powder	¼ ml	1 ¾ tbsp	0.1 l	
Parsley, chopped	1 tbsp	0.4 l	1.5 l	

100 grams dry beans ≈ 260 grams of boiled beans





Löttorp Beans Inspired by the Wild West

1. Soak the beans in cold salted water (1 tbsp salt per litre of water) for at least 14 hours.
2. Pour off the water and rinse the beans. Cook the beans in lightly salted water (1 tbsp salt per litre of water) until soft, 60-90 minutes. Pour off the water again.
3. Add the flour to melted butter. Mix in the tomato paste and dilute with vegetable stock. Crush the garlic into the sauce and boil for 3-5 minutes.
4. Add the beans and season with thyme. Pour the sauce and beans into an ovenproof dish. Dice the bread and grate the cheese and spread over the bean mixture.
5. Bake at 250 °C for 10-12 minutes (convection oven 225 °C for 5-7 minutes). Delicious with sausage, bacon and fried eggs.

Öland is not only a place for growing beans, but also for growing onions. In cooking, beans and onions thrive together. In this recipe, a filling and easily cooked bean dish, garlic is a vital ingredient. You don't have to make your own tomato sauce – you can use tinned sauce instead. Fried sausages or bacon and eggs make the dish even better.

Nutritive value per portion without accompaniments: approx. 1810 kJ/430 kcal, 9 g fat, 18 g protein, 61 g carbohydrate, 13 g fibre

Ingredients	1 portion	25 portions	100 portions	Your own
Brown beans	75 g	1.8 kg	7 kg	
Butter/margarine	4 g	100 g	400 g	
Wheat flour	4 g	100 g	400 g	
Tomato paste	10 g	250 g	1 kg	
Vegetable stock	0.1 l	0.25 l	1 l	
Garlic	¼ clove	6 cloves	20 cloves	
Thyme	1 ml	1 tbsp	0.05 l	
Cheese, grated	20 g	500 g	2 kg	
Toasted bread	¾ slice	18 slices	72 slices	

100 grams dry beans ≈ 260 grams of boiled beans

Traditional Sweet & Sour Brown Bean Stew with Fried Pork

This is the traditional bean dish that Swedes have eaten for generations. It consists of a sweet and sour stew to be served with fried pork or bacon, with a unique Swedish taste combination of molasses and vinegar. The stew can be served with fried sausage or meat balls instead of pork.



1. Soak the beans in cold salted water (1 tbsp salt per litre of water) for at least 14 hours.
2. Pour off the water and rinse the beans. Cook the beans in lightly salted water (1 tbsp salt per litre of water) until soft, 60-90 minutes. Pour off the water again.
3. Add the vinegar and molasses and possibly some wheat flour to thicken the stew. Let it boil for about 5 minutes before serving.
4. With this stew we recommend fried pork, bacon, sausage or meat balls.

Nutritive value per portion without accompaniments: approx. 1253 kJ/297 kcal, 1 g fat, 12 g protein, 54 g carbohydrate, 12 g fibre

Ingredients	1 portion	25 portions	100 portions	Your own
Brown beans	75 g	1.8 kg	7 kg	
Water	0.4 l	9 l	40 l	
Molasses/treacle	5-15 g	0.1-0.25 l	0.4-1 l	
Vinegar (12%)	½ teaspoon	0.1 l	0.4 l	
Salt	1.5 g	2 tbsp	0.1 l	
Wheat flour	5 g	125 g	500 g	

100 grams dry beans ≈ 260 grams of boiled beans

Spicy Bean Dip



Mash boiled brown beans and mix with some crème fraîche, chopped onion, crushed garlic and sweet chilli sauce. Season with salt, pepper, oregano and thyme. Finally add some olive oil and grated cheddar cheese.

Serve the bean dip with nachos and decorate the dish with diced avocado, fresh tomato and a sprig of parsley.

Recipe: Karin Fransson

Öland Nougat

Soak the beans in cold salted water (1 tbsp salt per litre of water) for at least 14 hours. Pour off the water and rinse the beans. Put the beans in a saucepan with the cinnamon and vanilla and add water to cover the beans. Bring to the boil and skim. Reduce heat and boil for about 40-45 minutes, stirring occasionally to prevent burning. Add the chocolate and sugar, stir and keep on a low heat until the beans are tender, about 10-15 minutes. Cool the mixture.

Strain the mixture and mash with a potato masher. Beat the mixture soft and smooth with an electric mixer and store in the fridge. Make two layers of hazelnut meringue (see recipe below) and sandwich the bean mixture between the layers.

Recipe: Karin Fransson

Around 225 g brown beans
2 sticks of cinnamon (~3 cm)
50 g dark chocolate (50% cocoa solids)
1 vanilla pod
150-175 g sugar
water



Hazelnut meringue for cakes

0.3 l hazelnuts
Whites of 4 eggs
0.3 l granulated sugar or icing sugar

Toast the nuts for 10 minutes in an oven at 200 °C. Lower the heat to 150 °C. Grind the nuts in a food processor or chop finely by hand. Beat the egg whites until very stiff and dry. Add sugar slowly and continue beating until the mixture holds its shape. Fold in the nuts and spread into two large circles on a parchment-covered baking sheet. Bake in the oven for 15 minutes until set. Cool before removing the paper.

Öland Bean Salad

A delicacy of the island

This bean salad is a tasty side-dish for all occasions in summer and early autumn. The apples, mayonnaise, smoked ham and beans suit each other perfectly and give a wonderful flavour to the dish. This bean salad is an ideal cold dish for buffets and barbeques.



1. Soak the beans in cold salted water (1 tbsp salt per litre of water) for at least 14 hours.
2. Pour off the water and rinse the beans. Cook the beans in lightly salted water (1 tbsp salt per litre of water) until soft (60-90 minutes). Pour off the water and cool the beans.
3. Chop the onion, dice the apple and the ham.
4. Add the sour cream and the mayonnaise to the apple and onion. Some drops of Chinese soy sauce can be added for additional flavour. Finally, add the cold beans.
5. Place the salad in a nice bowl and decorate with fine chopped parsley.

Ingredients	1 portion	25 portions	100 portions
Brown beans	30 g	750 g	3 kg
Apple	½ apple	6 ¼ apples	12 ½ apples
Onion	1 onion	12 ½ onions	25 onions
Mayonnaise	2 tbsp	0.175 l	0.35 l
Sour cream	2 tbsp	0.175 l	0.35 l
Cooked ham	50 g	625 g	1.25 kg
Parsley, chopped	3 tbsp	0.25 l	0.5 l

100 grams dry beans ≈ 260 grams of boiled beans



The Brown Bean – A Cultural Heritage of Öland and Sweden

In general, the growing of field beans for drying can be traced back to about 1650 in Sweden. Carl Linnaeus reported the climate on the island of Öland to be good for growing beans back in 1741, but the first real evidence of brown beans from Öland is from 1885, when a small rural shop in northern Öland began to sell them.

There are records in the journal of the local agricultural society from 1884, 1897 and 1906 showing brown bean being cultivated on the island. Brown beans have been grown continuously on Öland ever since.

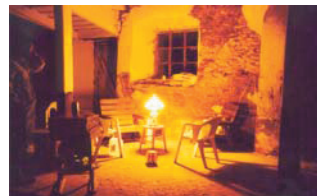
The beans are brown-coloured *Phaseolus vulgaris* beans, which are eaten boiled. They are generally not eaten raw. The beans are simply called *bruna bönor* (brown beans) in Swedish.

Today, four cultivars are used in commercial production, Stella, Bonita, Katja and Karin. The cultivar Karin originates from cross-breeding of other cultivars and is only grown on Öland. Stella can be traced back to 1927, as a breed originating from old rural varieties.

All Swedish supermarkets stock dried brown beans and the ready-to-heat bean stew that is a well-known traditional dish.

Today the acreage is decreasing rapidly due to more economically attractive crops and less demand for brown beans. In the long run, cropping may decrease to levels where this agricultural food heritage risks extinction.

Help us preserve the typical Swedish bean by eating it!



Bean Growing Facts

The limestone soil of Öland and the mild climate are a perfect combination for the brown bean.

Beans are generally planted in late May in rows 0.5 m apart. A warm spring stimulates the plants to grow and soon the leaves cover the soil and thus minimise evaporation and weed growth. Like all legumes, bean plants can fix their own nitrogen in association with a specific flora of bacteria present in the soil. Flowering often occurs in mid-July. The plants are often no more than 35-40 cm high and thus require a special combine for harvest, which is carried out in September. After drying to about 18% moisture and sorting, the beans are ready for packing and sale. Both conventional and organic beans are grown on Öland.



How to cook brown beans from Öland

There are some simple rules for cooking beans. These are summarised below to make it easy for you to cook beans at home.

The beans must be soaked for 10-14 hours in cold water before being boiled. Adding a teaspoon of table salt to the water improves the cooking properties of the beans.

After soaking, the water must be replaced. Pour off the soak water and add fresh cold water. The cooking water should cover the beans by a few centimetres. Add table salt and let the beans boil slowly for 60-90 minutes until soft.

Dry beans are easy to store and will keep for several years in a dry, dark place at room temperature. Longer storage times require a somewhat longer cooking time.

Cooked beans can be kept in the freezer and heated in a microwave as required.

0.1 litre of dry beans will give about 0.25 litres of boiled beans
100 grams of dry beans will give about 260 grams of boiled beans
0.1 litre of dry beans weighs about 85 grams

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ÖLANDS SKÖRDEFEST

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