

Beans on top of Fried Bread

Fried bread is very good for anyone who does physical work and is a rich snack for children. It gives them strong, active energy which is good for any kind of sports and outdoor games. Serving beans on top is delicious. You can also serve beans on top of polenta too.

Ingredients:

4 pieces of unyeasted sourdough bread

Safflower Oil

Shoyu

1. Place the oil in either a heavy pot or an inch or two in a skillet;
2. When you are ready to fry, turn the flame to high;
3. Place a slice of bread in the hot oil and fry for about minute on each side;
4. Remove and drain on paper towels;
5. Put a drop of shoyu on the bread.
6. Repeat with the rest of the bread.

You can either soak beans overnight and cook them with a 1-2 inch piece of kombu and cover with water and bring to a boil. Cover and keep covering the beans with cold water. Keep shocking the beans. Season with $\frac{1}{2}$ -1 tsp. of sea salt when the beans are 80% done and then shoyu sauce or heat them up from a can. Serve beans on top of fried bread which is delicious or cut up the bread and put into a lentil dish.

Serve with a pressed salad for a delicious lunch or dinner.