

Fagioli Borlotti (Italian Cranberry Beans)



Borlotti Beans, also known as cranberry beans. When you can find them fresh they come in large beige and red pods with colors that resemble the dried beans. In the shell the borlotti's bright colored pods make a festive table accent. Nutty in flavor with a creamy texture, borlotti are popular in Italian and Portuguese cuisine.

Dried Borlotti beans are more readily available than fresh and have a much longer shelf life. Fresh borlotti beans should be used within a week or so, but the dried variety will keep as long as other types of dried beans. Dried borlotti can be soaked overnight and the simmered under water or stock with vegetables and or meats. When cooked the beans will lose some of their bright markings and turn a light brown color. Their meaty, chestnut flavor make borlotti a wonderful main dish and a perfect side dish. The beans are normally tossed with EVOO and spices.

In Italy the Classic Pasta e Fagioli Soup (Beans soup) require the Borlotti Beans.