

LIMA BEANS

*Olympics in the
year 2148*



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transcribed by Bernadette

Mr. Goodies



LIMA BUTTER BEANS

Dear Friends of these informative little booklets:

Does the picture on the cover look appetizing to you?

Would you be interested in knowing how to make it yourself?

We know that sometimes this may seem impossible to a new cook, but we are going to give you all the information you need to create it.

Even if you fail the first time, do not worry.

The only waste would be approximately \$5.00 and a little bit of time.

However, when you finally perfect it, you will receive a diploma signed and framed personally by Mr. Goudas! In addition, all your guests invited to dinner will be impressed with your diploma and with your culinary skills, and will love you forever.

Let us begin, step-by-step.

This wonderful dish will be one of your favourites for years to come. So therefore, please read carefully so you will memorize the recipe and the ingredients well.

Mr. Goudas personally revealed this recipe to me, and I have written it down to the best of my ability.

Ingredients:

1 lb Lima beans 5 – 6 large onions (Mr. Goudas believes that onions enhance the memory)*



1/2 cup Extra Virgin Olive Oil

1/2 can Crushed Tomatoes

1 can of Mr. Goudas

Chicken Broth (no MSG)

1 teaspoon Sugar Salt and

Black Pepper 2 – 3 cloves

of garlic, or 1 teaspoon of garlic powder,

Cinnamon, 2 tablespoons Mr. Goudas

Trinidad Hot Sauce

We would like to tell you to purchase any Lima Beans from the store, but we cannot, because we have not seen any equivalents to the Mr. Goudas Lima Beans.

They are the best variety from Peru, and the very best in the world. They are unbroken and with minimum skin defects.

Stage 1

In a large pot, ¾ full of water, place the Lima Beans and boil for approximately 1 hour.

As the beans start to boil, they become swollen and the skin begins to take a different shape.

Do not panic and do not stir.

Try one of the beans to determine if it is cooked. Do not allow them to become too soft because there will be additional cooking in the oven later.

Once you determine that your Lima Beans are just about ready, remove from the stove and pour them into a rectangular baking pan, water included, but only to cover the beans. Discard the excess water. Set the baking pan with the Lima Beans and water aside.

Stage 2

Peel the onions. Cut each onion in half. Slice each half into sections approximately 1/4 of an inch thick.

Place a large frying pan on the stove at medium level.

Make sure that the handle is not positioned in such a way that you might accidentally tip it



*over with your body and burn yourself.
(This is not a joke but serious advice on safety given to you by Mr. Goudas himself).*

Pour the Extra Virgin Olive Oil (you know which one) into the frying pan.

Let it heat for a minute and toss in the onions.

Now is the right time to wash your hands and face to remove the tears that result from peeling the onions. You will also feel refreshed and ready to continue your creation.

Sautee (simmer) the onions under low heat, stirring occasionally with a wooden spoon until they become light golden in colour.

Stage 3

Spread the onions evenly over the beans, covering them entirely.

Open the can of Crushed Tomatoes and creatively pour over the onions and beans.

Add garlic powder, or preferably sliced cloves of garlic, salt and black pepper to taste.

Dilute the sugar and Trinidad Hot Sauce in 1/2 a glass of water and evenly pour over your creation.

(The sugar removes the acidity from the tomatoes and the hot sauce enhances the flavour).

Sparingly sprinkle with cinnamon.

There should be enough water to cover all the ingredients, should there not be enough, add a can of Mr. Goudas Chicken Broth.

(The only one we know without MSG).

Tightly cover the baking tray with foil paper.

Place in the oven and bake at 375 to 400 degrees for approximately 30 minutes.



Check periodically after the initial 20 minutes, to ensure that the water has

not totally evaporated and the beans are completely cooked, i.e. tender to your taste.

Do not allow all the liquid to evaporate, because there should be enough "juice" included in the serving.

Stage 4

Examine your creation after removing the foil paper. Look at it! Is it not beautiful and delicious looking?!! Try one bean...not two, just one. Mmmmm!!! Now try an onion ..

.Is it not marvelous?

Okay, stop tasting.

Cover and imagine how wonderful a spoonful of this will taste!

Smile and pat yourself on the back with your hand (left or right, the choice is yours)!

Repeat these words to yourself... "Oh my God! I am a chef. I have just officially graduated from the Goudas University in the Art of Cooking!"

Use a spatula when serving to ensure that each serving portion contains all of the delicious ingredients of the dish. (Do not stir.

Simply pick up a portion with the spatula and place on a plate.

Use a tablespoon to pour some of the "juice" over your Baked Lima Beans.

Baked Lima Beans may be served hot or cold as the main course, accompanied with your favourite salad, cheese, olives and crusty bread.

The remaining portion should be covered with foil and refrigerated once cool.

Left over beans may be used for a few days as a side dish. Keep refrigerated.

In addition to being delicious, Baked Lima

Beans are also very nutritious. Lima Beans contain lots of fibre and iron.

We hope that this recipe will become another one of your favourites for years to come.

*(*During one of the company dinners, one of the employees questioned Mr. Goudas onion/memory theory, and inquired:*

“Mr. Goudas, if as you say onions enhance the memory, maybe you should consider eating onions more often, because you certainly forgot the promise of raising our salaries for some time now”).

We would also like you to know that Baked Lima Beans are available under the Mr. Goudas label, ready-to-serve, right out of the can.

Simply pull the tab, place in a dish and microwave for 90 seconds.

The only ingredient minimized is the onion.

You may use them in the following recipe.

LIMA BEAN SALAD

1 can Mr. Goudas Lima Beans

1 large onion (not the crying kind)

Juice of 1/2 a lemon

2 tablespoon Olive Oil

Parsley, Celery, Oregano (optional, if you like the taste)

Drain the water from the Lima Beans and place them in a bowl. Dice or slice the onion and celery stalks (remove strings), add to the beans. Cut a few small pieces of parsley and toss over the beans.

Add the lemon juice, and Olive Oil.

Mix gently to avoid breaking the beans. Don't forget that they came all the way from Peru, have been carefully handpicked, sterilized and canned, so that they may be brought to you whole and beautiful.



Mr. Goudas will be very unhappy if you break them while mixing!

You are only allowed to bite them in two! (Smile! We have inserted these comments to make you laugh a little).

It is the Caribana weekend and most people are jumping up and down and playing at the water front.

But Mr. Goudas “the work-a-holic”, and staff credited with working on these recipes and booklets, chose to stay at the office and create these wonderful recipes, including artwork, pictures and designs just for you.

We hope that you will appreciate the time and the effort we have placed in creating these beautiful recipes.

The Baked Lima Beans and Lima Bean Salad booklet is another in our series.

We hope you will attempt to make these dishes yourself.

Once you have become familiar and know the recipes “by heart and in your heart” pass this booklet on to a friend.

I was about to submit this booklet for printing, when an idea for a commercial came into my mind.

After I presented my idea to the staff at our meeting, a few voted “no”, but the majority thought it was extremely funny and should be incorporated somewhere within one of the booklets.

So here is the commercial that I intend to produce and fit into a 30 second time slot.

For over a week, I was without my TV satellite, therefore without television.

Although I have a collection of over 3,000 films, from Casablanca to 4 Feathers, I choose to watch a CD recording of the 2008 Olympic opening ceremony in Beijing that was given to me but I never had the opportunity to watch.

Upon viewing the opening, I admit that I have sincere admiration for the Chinese for the amount of work and effort placed into making that day possible.

Imagine, 2,008 drummers performing in precision timing and hundreds of athletes as part of their team. Imagine further, someone thinking if it is possible to see something of this stature ever again.

Could another country have a better opening than this? Well, I do not think so!

However, the Olympics will continue. Eventually, sometime in the future, maybe in the year 2148, a very small country may have the privilege of hosting the event.

It was at that moment, the idea of making a commercial to reflect the opening ceremonies of very small country came to mind.

Most likely, the preparation for the opening will be a big headache for their officials.

Once informed that their country had been awarded the honour of hosting the next Olympics, excitement and fever ran through them.

The Prime Minister called for a general

meeting in the small town of Salaguaya, capital of Malaguaya.

Within the tiny meeting room, the following events took place.

OPENING CEREMONIES

The Prime Minister, the Head of the Olympic Committee and the Head of Athletic Committee along with member of the cabinet are in a meeting in a small boardroom, in the city of Salaguaya, the Capital of Malaguaya.

The Prime Minister states that the 2008 Olympics in Beijing were very good with 2,008 participants in the Opening Ceremonies.

However, our little country has the privilege of hosting the next Olympics, but we are poor and cannot imitate the Chinese.

We have to do our own little thing and we have to be the best.

Firstly, he inquired: Do we have a place big enough to accommodate all the visitors?

The Head of the Olympic Committee responded:

Of course. There is that field in the Gandula Area, few acres, not too far from the jungle and it is quite safe.

(Show map and zero's in on city. Lions, tigers and cheetahs are roaming about.)

He paused for a moment and inquired: How many athletes do we have?

The Head of the Athletic Committee



proudly turns and states, one sir.



Just One!

The Prime Minister was flabbergasted.

Yes, but he is a very good one, sir.

He is what we call an All Purpose Athlete.

We have a film to demonstrate his multi-talented abilities. With your permission, we would like to show it to you, sir.

Go ahead. The Head of the Olympic Committee roared: Roll the projector.....

The screen opens with a chubby fellow clad in a tight Olympic T-shirt with 7 Olympic rings on the back and the title All Purpose Athlete.

He begins his routine: boxing, swimming, fencing, throwing the discus, etc, in effect, performing all major sporting events in quick succession.

The scene fades to black and reopens with 10 large flaming candles behind The All Purpose Athlete. .

He suddenly bends down like a quarterback with his back to the candles and adjusts his shorts downward

The camera does not show his exposed butt. It does, however, show a close up of him taking a deep breath and getting ready for the right moment.

Suddenly, he let out a barrage of



compressed air, and the camera zooms in on the candles.

All ten of them in precision timing were extinguished one at a time.

The camera then shows the athlete with a big smile of satisfaction on his face doing a victory dance.

*The Prime Minister was astonished and questioned:
How did he do it?*

*The Head of Olympic Committee proudly responded:
MR. GOUDAS BEANS, SIR!
THEY ARE THE BEST.
THEY ARE ALWAYS RELIABLE.*

The Prime Minister gave the thumbs up, smiled and stated,

We are going to have a wonderful opening.

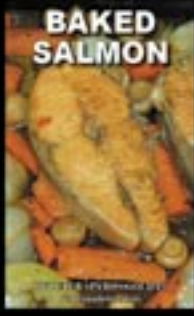
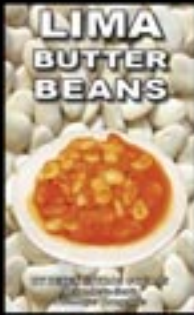
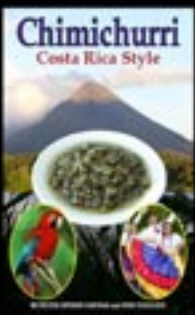
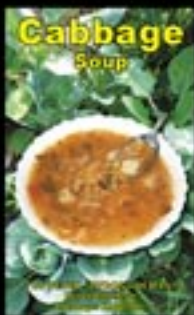
I love it.



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