LUPINI

"The national snack of Italy"

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transcribed by Bernadette Scott

Mr. Goudas
JERK
CORNED BEEF
CHICK PEAS
ASPARAGUS CUTS
RED KIDNEY BEANS
TUNA
PAPAYA
OYSTER MUSHROOM
BABY CLAMS
9 MANDRIN
JACK MACKEREL
EVAPORATED MILK
RICE PUDDING
TOMATO PASTE
MIRAGE
Potatoes Peeled
OKRA
EXOTIC FRUIT COCKTAIL
CASSAVA
MILK
MANGOES
COCONUT MILK
TABLE SALT
MASA Mix
MASA INSTANTÁNEA
Sugar
FLOUR
CHOW
GOUDAS
TAHINI
OIL COOKING
MILK KIDNEY
JACKEES
TOPITA BARITA
SWEET PEAS
Chicken Broth
CREAM
EXTRA VIRGIN OLIVE OIL
JACKFRUIT
848 LION BRAND
GUAVA
COUSCOUS
COCONUT
MANZANI
PRIDE OF HIMALAYA
BASMATI
JEWEL
SARDINES
TRI-TRI
JEWEL OF THE INDIES

LUPINI

"The national snack of Italy"

A flat dried bean approximately half of an inch (1/2 inch) in diameter, round in shape and light yellow in color (almost white).

Although it may resemble the fava or lima bean, it is not similar to any other bean in this world.

Of course you can use the Internet search engine by clicking on lupini and you will discover hundreds of

sites with a variety of information about the family and the history of the species.

Maybe even how it was discovered, etc., etc.; and how King Boulou of Salaguaya transported the bush all the way to Italy and then from there, Prince Salu took it to Spain and tried to remove the bitterness but was unable to.

He spit it out but the bitterness remained with him to his death bed.

(We hope at least we made you laugh for a moment).

Stories like this Mr. Goudas could tell you day and night.

The fact is that the Lupini is very bitter – and we mean bitter, bitter, bitter.

Oh wow, is it ever bitter!

It comes to the point where we begin to question why so much bitterness was created. Was God sad that day? (Please forgive us!) It is as bitter as the Mauby bark from the Caribbean or Karella (bitter melon).

So, of course, here we go again to the expert in the industry, who else but Mr. Goudas himself to get the facts on the Lupini.

First I must warn you that it will be a very bitter story, as bitter as it gets.

"When I was a young man, and had just arrived in Canada and sleeping on the streets, I ended up in Little Italy, Dufferin and St. Clair area.

I saw some Italians holding something in their hand between the thumb and forefinger. They would then open their mouths, apparently squeezing something between their fingers, which then seemed to fly directly into their mouths.

At this point they would start chewing and the "thing" between their fingers was thrown in the garbage.

The only way I could describe it is that it seemed like a soccer ball flying into a goal post! I thought that this was a funny way of scoring goals.

I later discovered that this was the way to enjoy the lupini bean, at least by the Italians, and that it was the national snack of Italy.

I also discovered that people from Portugal, Spain, Brazil, Turkey, Greece, Morocco and Lebanon also enjoy this bean.

As time passed I became an expert in the food business, with over 1,200 products under my food umbrella, each one being the best of the best in the world and associated with hundreds of food processing factories around the world.

I always wanted to undertake the production of the best-cooked lupinis on the market.

Although it seemed like an easy thing to do...just take a handful of lupini beans, put them in a can, fill up with water, put the lid on, place in the retort to be cooked and voila...!

However, the task turned out to be completely different, a 180-degree turn in the opposite direction.

I found out that inadequately processed lupini beans may cause botulism, a potentially fatal illness.

Needless to say, years later when I did decide to go into mass produc-

tion, there was no Internet to click here, or click there for information.

So, one day I walked into my laboratory with a bag full of lupinis and disappeared for a couple of weeks.

When I finally emerged, I gave the thumbs up. However, the staff in the office at the time appeared to be looking at me strangely.

They told me that my face had a very bitter expression and even my blue eyes seemed to have turned yellowish in color.

I indicated that I knew everything there was to know about lupini beans and if I could make a can to satisfy the Italians, that meant I passed the most difficult test in my career.

Well then, the fact is as follows:

I can give you the recipe on how to prepare lupini beans, but I don't think it is necessary for anyone to try to undertake this long process.

You see, the beans must be soaked in water overnight, then boiled the next day for a couple of hours.

Then this liquid must be drained off, and fresh water has to be added three times each day, for 1 week to 10 days.

It also has to be kept in the refrigerator. If not refrigerated the water smells like hell.

This procedure is necessary to remove the bitterness..."

Therefore, should you have the time, and the patience to undertake this task, we tip our hats to you.

God forbid, should a pregnant woman begin to have a craving for lupini, I pity the poor husband trying to cook the lupinis and trying to remove the bitterness before the baby is born.

Advice to you guys: run to the store as fast as you can and purchase a few cans of Mr. Goudas Lupini Beans – it may save your life.

You will not have time to remove the bitterness and it is possible for the baby to be born with a lupini-shaped birthmark on the belly..!

Mr. Goudas Lupini Beans are prepared as follows:

After selecting the best lupini beans in the industry, they are transported to Bulgaria.

The site where they are processed is at the bottom of a mountain from which a fresh water stream flows.

The beans are placed in a net (somewhat like a fishing net) and left for 12

days, where the smooth, flowing water from the stream slowly removes the bitterness.

All the while there is a guard on the look-out for any lupini thieves.
Each batch is then thoroughly washed one more time.

Additionally, each bean is manually inspected for cracks and skin defects and inserted, one by one, into cans for further processing.

The cans are placed in sterilizing retorts, which are very high temperature cooking ovens for consumer safety.

The picture attests to the quality of the beans, the correct holding position, and the edible portion protruding from the skin.

As we suggested, Lupini is a snack. Therefore, it is usually placed in a bowl in the middle of the table and each person helps him/herself.

It is therefore important to first wash your hands and then eat the lupini you pick up.

Do not pick up a lupini, feel it or squeeze it, decide it is not for your taste, and then put it back on the plate for someone else to take it!

It is rude and unacceptable and I will be very upset if I catch you doing this!

Of course not everyone likes the taste of the lupini bean.

It is an acquired taste. It is either you love it or you hate it.

Whichever the case,

Mr. Goudas Lupini Beans are considered by Lupini lovers to be the best in the world.

GOUDAS ON THE LABEL
MEANS
GOOD FOOD ON THE TABLE

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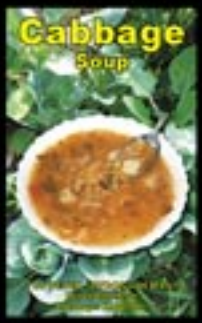

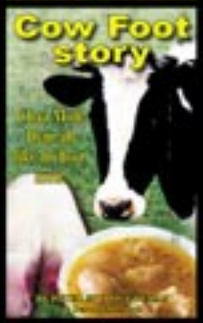

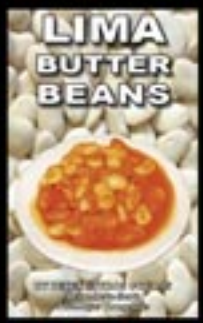

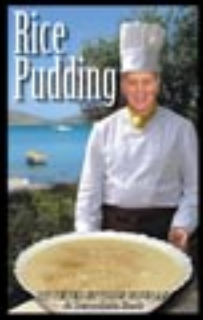

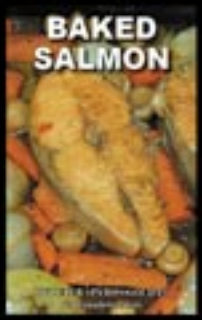

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