Our McAntony's Menu products have standard cooking methods and could be prepared with comparable retail product instructions. Please see below for suggested preparation instructions but we recommend adjusting as needed based on your preferences.

McAntony's Menu: Chickpeas

Cooking Instructions

- In a medium sized pot, cover 2 cups of chickpeas with 3-4 inches of cool water. Bring the water to a boil, and cook for 5 mins.
- Turn off the heat and allow your chickpeas to cool in the water for 60 mins.
- Drain your chickpeas and then re-add 3 cups of salted water into the pot with the now quick soaked chickpeas.
- Bring to a boil before setting to low and cooking covered for 45-60 mins.
- Turn off the heat and drain any excess water before serving.

McAntony's Menu: Green Peas

Cooking Instructions

- In a medium sized pot, cover 1 cup of green peas with 3-4 inches of cool water. Bring the water to a boil and cook for 2-3 mins.
- Turn off the heat and allow your peas to cool in the water for 60 minutes.
- Drain your peas and then re-add 3 cups of salted water into the pot with the now quick soaked peas.
- Bring to a boil before setting to low and cooking covered for 25-35 mins.
- Turn off the heat and drain any excess water before serving.

McAntony's Menu: Kidney Beans

Cooking Instructions

- In a medium sized pot, cover 1 cup of red kidney beans with 3-4 inches of cool water. Bring the water to a boil and cook for 2-3 mins.
- Turn off the heat and allow your beans to cool in the water for 60 minutes.
- Drain your beansand then re-add 3 cups of salted water into the pot with the now quick soaked peas.
- Bring to a boil before setting to low and cooking covered for 60-70 mins.
- Turn off the heat and drain any excess water before serving.