

SAUTÉED FAVA BEANS WITH FRESH HERBS AND LEMON

For this recipe, you will need a 2-quart saucepan, a strainer, a sauté pan, a spoon to stir the beans, such as a wooden spoon, a chef's knife for chopping the herbs, and a 2-quart bowl for iced water.

2 lbs. fresh fava beans
2 T. good quality olive oil
3 cloves garlic, minced
1 T. each of fresh mint, basil, and parsley, minced (you can try various combinations of herbs for this recipe)
1 t. fresh oregano, minced
Juice of ½ of a lemon
Sea salt
Black pepper, freshly ground
Ice

Remove the fava beans from their pods by snapping the pod open at the stem end of the pod and pulling the stem down the edge of the pod. Run your finger along the edge of the pod to open it up and release the beans. Put the beans in a bowl and discard the pods in your compost bin.

Add water to a 2-quart saucepan and 1 teaspoon of sea salt. Bring the water to a boil and add the fava beans to it. Gently boil for 4 minutes. Drain the fava beans and plunge in ice water to halt the cooking. Using your thumb and fingers, pop the beans out of their skins and discard the skin in your compost bin. Set the beans aside in a bowl.

Chop the herbs and set aside. Squeeze the lemon juice and set aside. Add the olive oil to the sauté pan and heat gently on a medium flame until the oil is hot, but not smoking. Add the minced garlic and cook until slightly golden. Add the fava beans and toss or stir for a minute. Add the lemon juice and cook for a ½ minute. Turn off the heat and add the salt, pepper, and herbs. Serve warm or at room temperature.

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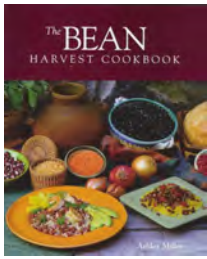
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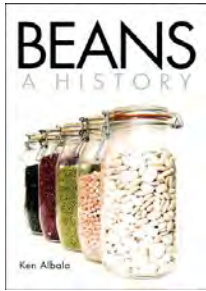


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The Bean Harvest Cookbook



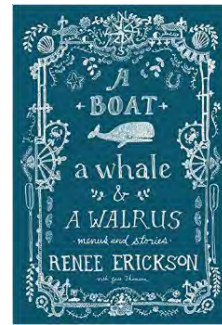
Beans: A History



The Better Bean Cookbook



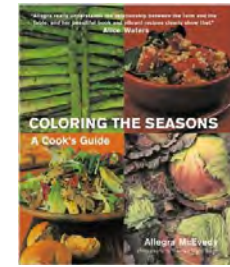
Blue Ribbon Vegetable Gardening



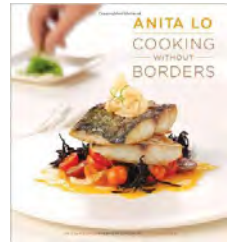
A Boat, A Whale, & A Walrus



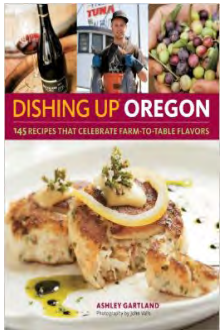
The 7-Day Superfood Cleanse



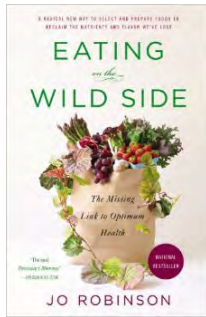
Coloring the Seasons



Cooking Without Borders



Dishing Up Oregon



Eating on the Wild Side



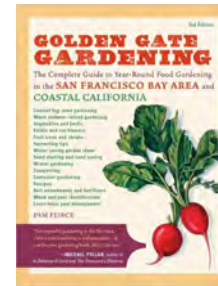
Frenchie



Fresh From the Farm



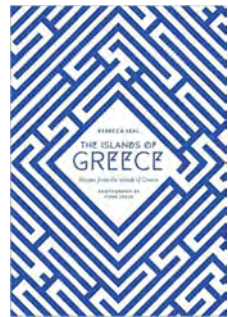
The Glorious Vegetables of Italy



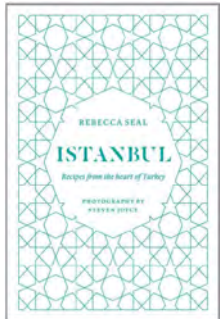
Golden Gate Gardening



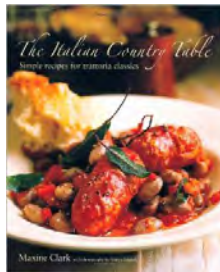
How to Pick a Peach



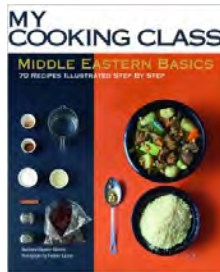
The Islands of Greece



Istanbul



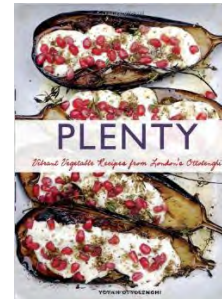
The Italian Country Table



Middle Eastern Basics



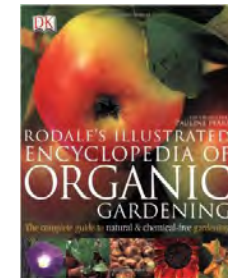
My Portugal



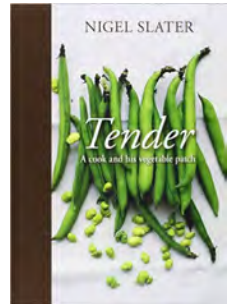
Plenty



Pomegranates & Pine Nuts



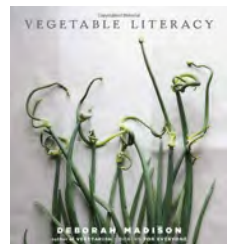
Encyclopedia of Organic Gardening



Tender



The Turkish Cookbook



Vegetable Literacy

All of these titles have recipes or health related benefits for Fava Beans.