



These recipes have been long in the making... Since I could not find fresh fava beans, I decided to grow them, so I planted some seeds back in October. And today, we had our first harvest. What a glorious day! Just in time for spring.



Fava beans are a tricky bunch, since they have double protection, a pod and a thick skin. This is probably why they are not so popular in these parts of the world. But they are a staple of the Mediterranean! The most famous dish being the Foul Mudammas, a fava beans stew with olive oil and garlic, a most tasty stew.

The first recipe is a simple salad that exults the unique taste of the fava beans. The second recipe is an incredibly flavorful stew of its kind with meatballs and fava beans.





Fava Fever



Preparation time: 20 minutes

Cooking time: 5 minutes

Ingredients for 6

- 1 cup shelled and skinned fresh fava beans
- 4 tablespoons olive oil
- 3 ears corn, shucked and kernels cut off the cobs
- 1 cup cherry tomatoes, halved
- 2 tablespoons chopped mint
- 2 tablespoons chopped basil
- 6 cups arugula
- 1 cup fresh mozzarella or burrata cheese
- 1 tablespoon sherry vinegar
- Salt and pepper

Spring Salad with Fava Beans

A simple salad that exalts the unique taste of the fava beans.

Heat 2 tablespoons of olive oil in a large skillet, and sauté the fava beans and corn until lightly brown, about 5 minutes. Season with salt and pepper and set aside to cool.

In a large bowl, whisk the vinegar and 2 tablespoons of olive oil. Season with salt and pepper. Add arugula, tomatoes, mint, and basil. Toss to coat then arrange on plates. Arrange the corn and fava beans on top of the salad, and finish with mozzarella or burrata pieces.

Enjoy right away.



Fava Fever



Preparation time: 30 minutes

Cooking time: 45 minutes

Ingredients for 4

- 6 tablespoons olive oil
- 2 cups fresh fava beans, shelled and skinned
- 1 teaspoon thyme
- 6 garlic cloves, sliced
- 4 green onions, sliced
- 1 lemon juice
- 1 cup veggie stock
- 2 tablespoons chopped parsley
- 2 tablespoons chopped coriander
- 1 tablespoon chopped mint
- Salt and pepper

Ingredients for the meatballs

- 1 pound ground beef
- 1 onion, finely chopped
- 1 cup breadcrumbs
- 2 tablespoons chopped parsley
- 2 tablespoons chopped coriander
- 1 tablespoon chopped mint
- 2 garlic cloves, crushed
- 1 tablespoon allspice
- 1 tablespoon ground cumin
- 2 tablespoons chopped capers
- 1 egg
- Salt and pepper

Meatballs with Fava Beans

An incredibly flavorful stew of its kind.

Place all the ingredients of the meatballs in a large bowl, and mix well with your hands. Form into balls.

Heat 4 tablespoons of olive oil in a large skillet and sear the meatballs over medium heat until brown on both sides. About 5 minutes. Transfer to a plate and wipe the skillet clean.

Heat 2 tablespoons of olive oil in the skillet, and sauté the garlic, green onions and thyme. Season with salt and pepper. Add the meatballs, veggie stock and lemon juice. Cover and cook on low heat for 25 minutes. Adjust seasoning to taste.

Before serving, add the fava beans and cook on medium heat for 5 minutes. Add the herbs and enjoy right away with simple couscous or rice.



Fava Fever



Preparation time: 10 minutes

Ingredients for 4

- 1 cup couscous
- 2 tablespoons olive oil
- 1/4 red onion, finely chopped
- 1 lemon juice
- 1 tablespoon chopped mint
- Salt and pepper

Simple Couscous

A versatile side dish that can accompany pretty much anything.

Place the couscous in a bowl. Add olive oil, and 1 ½ cup boiling water. Cover and let stand for 5 minutes. Then fluff the couscous with a fork.

Add red onion, lemon juice and mint and toss well. Season with salt and pepper.