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Fava Beans

Vicia Faba/Faba vulgaris

- Ⓢ Fava beans are a type of shelling beans also known as the broad bean, horse bean, field bean or tic bean
- Ⓢ They have been cultivated since ancient times and are native to North Africa and Southwest Asia
- Ⓢ They should be avoided by those taking anti-depressant with MAO inhibitors. They are rich in L-dopa, an important drug against Parkinson's disease. which might help in controlling hypertension
- Ⓢ Storage Best to eat as soon as possible. If needed refrigerate for a few days in a paper bag
- Ⓢ You can eat the whole bean, pod and all when they are young. Otherwise, remove beans from the pod. Pop into boiling water for about 30 seconds. Remove from skin and add to any dish
- Ⓢ Season with mint, garlic, lemon, onion, fennel, Pecorino cheese, olives, walnuts, or pistachios. Serve in salads, pastas, risottos.



Fava beans must first be removed from their outer pod and then, unless they are very small and tender, slipped out of the tough skin that enwraps each bean. The easiest way to skin them is to blanch them in boiling water for 30-60 seconds, then slit the skin with a knife or your thumb nail, and squeeze gently to slip the bean out.

Tagliatelle with Fava Beans and Pecorino Romano
Serves 4

Ingredients

- 8 ounces tagliatelle or fettuccine
- 2 cups shelled fresh fava beans
- 1 cups coarsely chopped fresh basil
- 1 large garlic cloves, chopped
- 2 Tablespoons cup olive oil (preferably extra-virgin)
- 1 Tablespoon fresh lemon juice or balsamic vinegar
- 1/4 cup shaved Pecorino Romano cheese

Directions

1. Cook pasta in boiling water until tender ~ 8 minutes.
2. Combine all the ingredients except the cheese
3. Top with the cheese and serve

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Fava Bean Bruschetta

Ingredients

- 1/2 pound shelled fava beans
- 4 tablespoons plus 2 tablespoons extra-virgin olive oil
- Salt and pepper, to taste
- 2 cloves garlic, halved
- 8 slices Italian round peasant bread
- Freshly grated Pecorino Romano

Directions

1. Place the fava beans in the bowl of a food processor and pulse, drizzling in 4 tablespoons olive oil to make a smooth puree. Season with salt and pepper and set aside.
2. Toast bread and brush on olive oil. Rub with garlic and top with the fava bean puree
3. Sprinkle with Pecorino Romano.

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Favas com Coentro

(Fava Beans with Cilantro)

from *Portuguese Cooking*, Chartwell Books, 1994)

“This recipe is great as a side dish or add to pasta with a few spoonfuls of the pasta water
Add a little olive oil and top with shaved parmesan cheese” Floyd Hammack

Ingredients

2oz bacon, chopped
1 medium onion, finely chopped
1 pound shelled and peeled fresh or frozen fava beans
salt and pepper
2 tomatoes, peeled, seeded, and chopped
3/4 cup of chopped fresh cilantro

Directions

1. Cook the bacon in a heavy saucepan until the fat runs. Stir in the onion and cook until softened. Add the beans, barely cover with water and simmer until they are tender, 1 to 5 minutes depending the age of the beans; or cook according to the directions on the package if using frozen beans.

Strain the beans and return to pan (if you like; personally I like the onions with the beans). Stir in the seasoning and tomatoes, cover and heat gently, shaking the pan occasionally for a few minutes to warm the tomatoes. Stir in the cilantro and serve.

Couscous and Fava Bean Salad

Ingredients

1 cup uncooked couscous	1/4 cup chopped dates or raisins
1/4 cup pine nuts	1/4 cup fresh lemon juice
1 pound fava beans, shelled	1/4 cup olive oil
1/4 cup seeded and finely diced tomato	Salt and freshly ground black pepper
1 cloves garlic, minced	1 tablespoon finely chopped cilantro

Directions:

1. Cook the couscous according to the package directions. While the couscous is setting, toast the pine nuts. Heat a small frying pan to medium high, and add the pine nuts. Stir them around until they are browned. Do not let them burn. Add the couscous to a large bowl.
2. Cook the fava beans in 1 quart of boiling salted water for 5 minutes, or until just tender. Drain and run under cool water. When cooled, peel each bean from its skin by tearing off a small piece of peel from the rounded end with your fingernail. Squeeze out the bean by pinching the opposite end.
3. Stir the fava beans, tomato, garlic, dates or raisins, lemon juice, and oil with the couscous. Season with salt and pepper to taste. Let stand at room temperature for 1 to 3 hours to blend flavors. Just before serving, stir in the cilantro and pine nuts.