

# Fava Bean Recipes from Lauro Kitchen

## *Fresh Fava Bean Salad*

Fava beans- blanched briefly in salted water and peeled  
Pecorino cheese- shaved thin  
Lemon juice  
Extra virgin olive oil  
Salt and pepper

Toss fava beans in bowl with extra virgin olive oil, lemon, salt and pepper. Shave or grate pecorino on top and serve.

## *Fresh Fava Bean Puree*

2 Cups fava beans- blanched and peeled  
1 Tsp finely chopped garlic  
1 TBS finely chopped mint  
1 TBS lemon juice  
¼ Cup parmesan cheese- grated  
2 TBS extra virgin olive oil  
Salt and pepper to taste

Using a mortar and pestle or food processor, combine favas, garlic, mint, lemon juice, Parmesan and extra virgin olive oil. Puree until smooth or to desired consistency. Add salt and pepper and season to taste. Serve with toasted or grilled crostinis and garnish with a little more extra virgin olive oil.

## *Fresh Fava Beans with Spanish Chorizo*

4 Cups fava beans- blanched and peeled  
¼# Spanish chorizo or similar sausage cut into rings  
1 Medium onion finely diced  
2 TBS parsley finely chopped  
Salt and pepper  
Extra virgin olive oil

Heat 2 tablespoons olive oil in sauté pan over medium heat. Saute onion and sliced chorizo until onion is translucent and chorizo is softened. Toss fava beans into sauté pan and warm for about 1 minute. Toss chopped parsley in. Season with salt and pepper. Toss with a little more extra virgin olive oil if necessary and serve. Serves well as a salad on its own or as an accompaniment to grilled or sautéed fish.