

May 22, 2007

Fava Bean Spread

2 1/2 lbs. fava beans in pods
1 clove garlic
1/2 lemon, juiced
Mint (6-10 leaves, depending on size)
Salt
Olive oil

Shell fava beans, put beans into a pot of boiling water for 1-2 min., then drain and shock them in a bath of ice water. Pop them out of their skins (this may require using a paring knife to slit the skins open). Place in bowl of food processor with garlic, lemon juice, mint and salt. Process while adding olive oil till it is thoroughly puréed. Adjust salt to taste.
