



THE FAVA BEAN RECIPE BOOK

Globally Inspired Recipes For The Planet & People



Proudly Sponsored by California State University, Chico & Planet Earth Observatory



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introduction

Fava beans have been eaten since ancient times by many people of many cultures, centering on the crop's origin near the Mediterranean Sea. From there, favas have spread wherever they would grow, from Mexico to parts of China and India, and welcomed into traditional cuisines. Now they are being discovered in California. Our climate, with its mild mediterranean winters and long, cool springs, is perfect for them, and our adventurous cuisine is ready to welcome this versatile plant.

Gardeners throughout America know fava beans as a cover crop because of their symbiotic relationship with soil microbes that add nitrogen to soil as the plant grows. For that use, the plants are often cut while young and tender—with flowers, but before pods form. However, here in California, we can give favas the 70 to 90 days of cool weather they need to form pods and develop beans. Because the plants will not be harmed if cold rains fall while they grow, and can survive light frosts, they are an ideal winter crop in much of California. The mature plants can also be cut for mulch or compost, though they will take longer to decompose.

In our hunt for delicious ways to prepare them, we can look at how favas have been used historically and throughout the world, and allow traditional recipes to mingle with ideas from the newest cuisines. We can also explore the ways that California gardeners have been using this plant, which include decorating salads with its stylish black and white flowers and roasting the young pods before beans have formed. Our voyage to enjoy this ancient crop is only beginning. Let these recipes get you started on a new culinary exploration. – **Pamela Pierce**



Pamela Pierce is the author of Golden Gate Gardening: Third Edition, Sasquatch Books, 2010. It explores food gardening principles and practices in California, mainly from San Luis Obispo to Eureka, and inland. It is particularly helpful to gardeners up and down the coast who struggle with cool (often very cool) summer weather.

partners



Center for Regenerative Agriculture and Resilient Systems

The Center for Regenerative Agriculture and Resilient Systems at California State University, Chico conducts research on the economic value and soil nitrogen benefits of cover crop fava beans. Trials have been conducted in a number of locations over multiple growing seasons. This multi-disciplinary project also allows the group to prepare and introduce fresh fava bean foods to the public. The group – known as the BNF team (for Biological Nitrogen Fixation) is run under the direction of Drs. Hossein Zakeri and Kyle Brasier. Their research is made possible by a grant from Western SARE.



Planet Earth Observatory

Planet Earth Observatory is a non-profit, volunteer organization working for healthy, local, and sustainably grown food. We are particularly concerned about learning ways to mitigate the effects of climate change and other forms of environmental degradation on the food grown in underserved communities around Los Angeles County. Our reach is extended by partnerships with community gardeners, master gardeners, plant and soil researchers, students, and farmers. For the past four years, we joined with community scientists on the ground to run a healthy soils investigation in 8 food gardens, growing a cover crop of fava beans followed by corn. In the fall of 2021, we partnered with California State University, Chico on a county-wide effort, giving away over 70 pounds of fava bean seeds at farmer's markets and community gardens to encourage people to grow fava beans both as a cover crop and a food to eat. Our advocacy work includes increasing consumer demand for favas to incentivize farmers to diversify their crops.

acknowledgement

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contributors



Photo by : Delia Hitz

Lydia Breen

Founder & Director of Planet Earth Observatory

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Lydia Breen worked for many years as a filmmaker for the United Nations refugee agency (UNHCR) in Geneva, Switzerland. In 2017 she started Planet Earth Observatory, a non-profit organization concerned with mitigating the effects of climate change on the food grown locally around Los Angeles County. With this recipe collection, Lydia has been able to combine her love of fava beans, cooking and gardening with her passion for food and climate justice. She hopes you have as much fun experimenting with these recipes as she has. And she hopes you can use favas to build community – in a garden or around a kitchen table, advocating for sustainable, local and affordable food...for all.



Photo by : Devin Gallagher

Enna Wholey

Landscaper & Garden Educator

Enna Wholey previously worked on an organic vegetable farm before moving to Los Angeles, where she met Lydia attending UC's Victory Gardener program. She worked on The Great Fava Bean Giveaway with Planet Earth Observatory and California State University, Chico., going to farmers markets around LA, giving out donated fava bean seeds, talking about soil health and growing food with fellow gardeners. Enna works as a landscaper and teaches gardening in LAUSD schools. She also works with flowers and practices ikebana. She hopes to continue learning about soil health, horticulture, native plants and indigenous and natural farming practices.



Photo by : Gervel Sampson

Dená Brummer

Chef & Garden Educator

Dená Brummer, cook, food stylist, teacher and writer, epitomizes the modern chef. What ties these roles together, besides an immersion in the world of food, is her unyielding desire to educate and empower her community through health-focused cuisine. After a 15-year career in communications/marketing, she decided to take a detour into the world of food and enrolled at the Institute of Culinary Education to study Health Supportive Culinary Arts. Since 2018, she has been on a journey to combine her two passions – food and storytelling, with the intent of creating work that inspires, creates community, and raises cultural, social and environmental awareness. Today, she runs a teaching garden at the City of Hope and works as a private chef. When she is not consumed with all things food, you can find her gardening, hiking and exploring the world with her 14 year-old daughter.

fava beans and the future

Countless historical archives report that the fruits of this forgotten legume have staved off many famines since its domestication. However, it is one thing to read about the robustness of fava bean and another thing to witness it growing in all sorts of conditions. Dr. Hossein Zakeri, an agriculture professor at California State University, Chico, introduced me to fava bean in 2019 when he shared his passion for fava bean as both a culturally significant vegetable and as a tool to improve soil health.

It didn't take long for me to observe this orphaned crop's potential after we started a multi-state project with the USDA-NRCS where we ran field trials of winter sown fava bean in Oregon's Willamette Valley, Nevada's Great Basin, California's Central Valley, and Arizona's Sonoran Desert. I expected that the project would show that fava bean could only succeed in environments with good winter rainfall and moderate temperatures. Imagine my surprise when the crop performed well at all four sites – including the Great Basin. Despite the use of ZERO pesticides and fertilizers and having received less than six inches of rain in the cold and dry desert of the Great Basin, the fava bean plants grew to heights of three feet and provided modest yields. At this point, I was hooked and driven to explore as many uses for fava bean as I could find.

Since that time, we've had the opportunity to team up with brewers, farmers, gardeners, scientists, chefs, community activists, and healthy food visionaries to put fava bean's value as a food and a tool for sustainable agriculture to the test. Time and time again, the use of fava bean increased farm yields and reduced the need for industrial fertilizers due to its ability to work symbiotically with microorganisms in the soil to capture nitrogen from the atmosphere and then convert that nitrogen into a chemically usable form for the next crop.



I've had the opportunity to work with and learn from farmers who have planted fava bean between orchard tree rows, intercropped fava bean with small grains such as barley, grown fava bean as a cover crop to retain soil and fertilize the following crop, and used the crop as a dual-purpose vegetable and soil builder. I've also seen the indirect benefits of growing fava bean to our local ecosystems due to the crop's long flowering period which provides an excellent home for insect pollinators and birds.

I hope that this recipe book gives you an appreciation for the many ways that fava bean is enjoyed around the world. I also hope it inspires you to grow fava bean in your own garden and to develop some recipes of your own! – **Kyle G. Brasier, Postdoctoral Researcher, California State University, Chico.**

fava love



If you haven't already fallen in love with fava beans, may this collection of recipes from around the world help send you on your way.

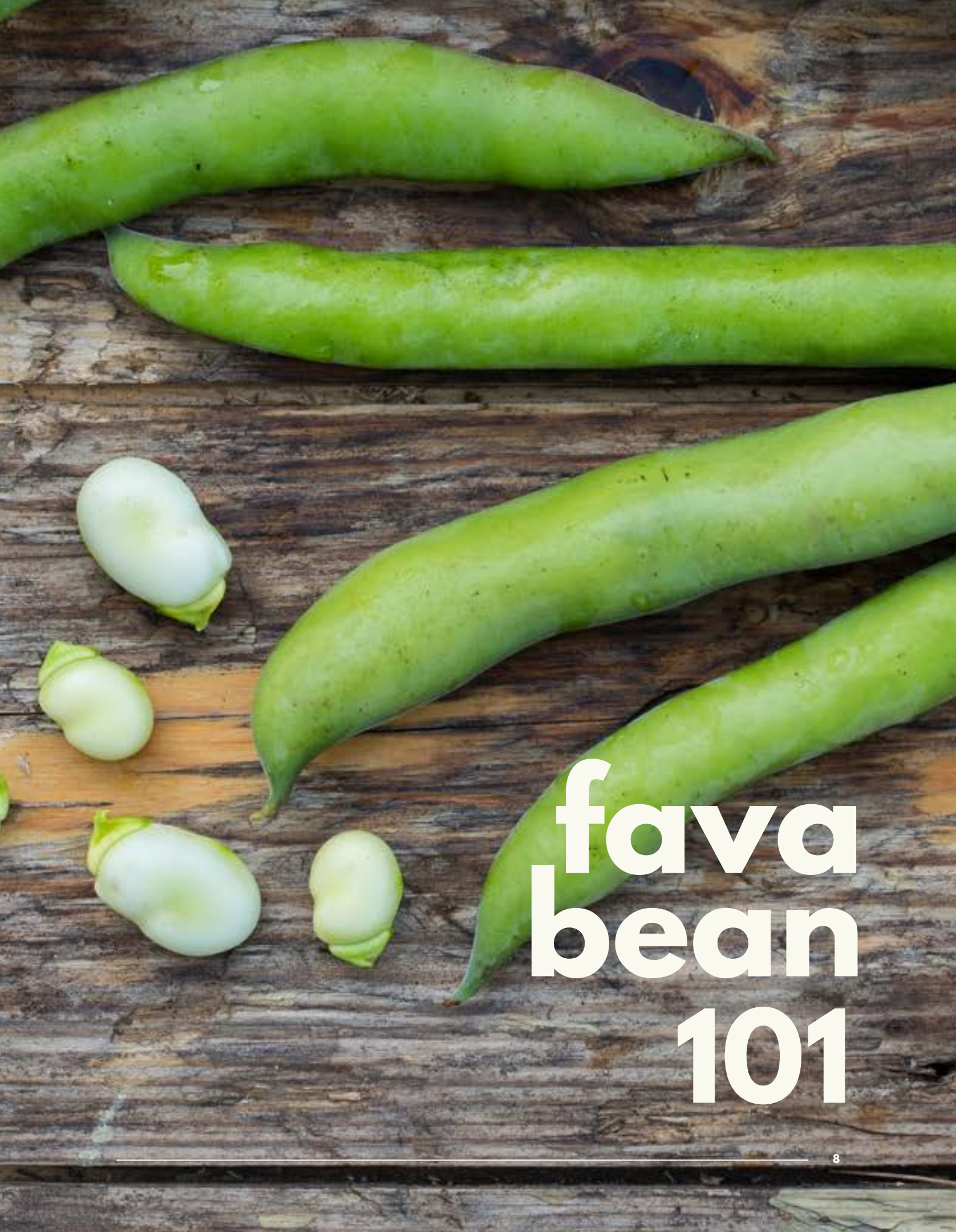
For some of us, our fava love is entangled with childhood memories spent gathered around the kitchen table, leisurely shucking and peeling favas with family members – slow food at its best.

For Palestinian chef Nadia Gilbert, fava love is tied to her devotion to her grandmother's recipe for ful mudammas – a dish she calls “the Holy Grail of breakfast.” Ful Mudammas in its many iterations dates back to pre-Islamic times. You can find Nadia's grandmother's version inside our collection.

For people from Eastern Mediterranean countries, where favas are said to originate more than 10,000 years ago, fava love may run especially deep. Some of the earliest farmers grew fava beans, one of the world's founding crops. The Eastern Mediterranean also provides a land bridge to North Africa, which may explain how favas, and their love for them spread to people in Egypt, Ethiopia, and Somalia.

Ancient Romans understood the value of favas as a plant that nourishes the soil and people, as well as livestock. Apicius, one of earliest known cookbooks, features a fava bean recipe. Cato and Columella, two prominent Ancient Roman writers on agriculture, advocated for rotating edible crops with favas and other beans as well as applying manure and letting the earth lay fallow – practices they believed were essential components of good land stewardship. They understood that it takes time to be in relationship with Mother Nature, to care for the earth and be thankful for the bounty it bestows.

May these recipes help us remember that time is an essential ingredient in tending the soil, in growing crops and in preparing healthy meals that feed our bodies and souls . And may they help you fall in fava love.



fava bean 101



dried, canned, frozen... fresh is the best

In Italy, where fava beans are the first green vegetable of spring, their advent is greeted with the kind of enthusiasm usually reserved for soccer heroes. – Nancy Harmon Jenkins, food writer and historian

Choosing Fresh Favas

Young favas (aka broad beans) with thin pods and beans the size of large peas may start showing up in farmers markets as early as February. Many Italians prefer them this way – small and delicate. Try munching a few, pods and all. Consider eating the bean in its secondary casing (a.k.a. skin or coat) if it is still white. Spring is also a good time to eat fava leaves while they are still tender and pest-free. Add them to salads or use them as a replacement for basil when making pesto.

Don't expect to readily find fresh organic favas in your specialty market until late March or April but the season in California usually lasts until June. In some of the larger supermarket chains that stock international foods, favas from Mexico may be available in early March. When choosing favas, select pods that are smooth and filled out along the entire length. The pods with the smallest bumps are the youngest and tastiest. If the beans are bulging through the pods, they are probably over-ripe.

As a rough estimate, you'll need about three pounds of pods to provide enough beans to serve two people – and that's after you have removed the secondary coat. Bottom line: buy more favas than you think you'll need. They'll stay fresh in the refrigerator for about a week. Don't worry if they spot a bit – they can still be shucked and eaten. And if they go bad, throw them in your garden compost.

A great way to source fava beans is to plant them yourself in late fall once temperatures cool down. They are hardy and able to withstand chilly nights. We like the Vroma and Windsor varieties that can be easily found online or at many local garden centers.

The variety, Masterpiece is terrific due to its sweeter flavor, if you can find seed or the vegetable pods! Once the seedlings are established, they won't require much water until the plants start to flower. Watch this beautiful plant grow, knowing that the roots are interacting with nitrogen-fixing bacteria in your soil.

Dried, Canned and Frozen

Don't be discouraged if you can't find fresh fava beans. They also come canned, dried, and frozen as well as dehydrated where they can be consumed as a healthy snack. Dried favas can be found large and small, shelled or split. Canned fava beans come with or without their protective coats. They are even available as a spread or dip style (ful mudammas) much like refried beans but without lard. And if you like keeping staples in the freezer, favas can be found in the frozen food aisle of many international stores. Many food enthusiasts may enjoy eating fermented favas as they are a key ingredient in Pixian doubanjiang – used to make Mapo Tofu. Mamahuhu, a San Francisco based restaurant contributed their excellent recipe for Mushroom Mapo Tofu to this collection.

In Los Angeles, we are lucky to have an international community with so many specialty markets and outdoor farmers markets. Last but not least, the internet is a splendid resource for fava beans where you can also find fava flour for gluten-free baked goods. Check out our recipe for moist, chocolatey brownies made with fava flour. For Los Angeles shoppers, see Planet Earth Observatory's website for a list of markets where you can buy favas. There's also a form you can fill out there, if you would like to add a market not on our list. Good luck sourcing and cooking!

fava bean preparation

The process of shucking and peeling the secondary protective coats from fresh favas beans can be time consuming and annoying – if you let it. Why not approach the task as a meditation or an opportunity to gather with family and friends to prepare a delicious meal together? The final reveal – the vibrant green color of those sweet, young beans will be worth the effort. If you are feeling adventurous, save some tender pods to consume whole. Simmer them with potatoes and leeks to add a spinach-like taste, then blend into a thick, creamy soup. You can also grill whole pods, even when mature, and eat them – pod, inner coat, bean, and all.

There are a few tricks of the trade to help speed up the process of removing the protective coat from fava beans. One is par-boiling them for 2-3 minutes with a teaspoon or so of baking soda, salt or calc. Boil a little longer if the coat is tough. Pour into a colander, drain and rinse then plunge for several minutes into a bath of ice cold water until they cool. Drain and start peeling. Calc helps to separate the seed coat from the bean; it can be found online or at local, Latin American markets.

Another way to remove the secondary coat is to start by making a small incision with a knife, then par-boil as above. Squeeze, and the beans should pop right out. Canned fava beans come with or without their seed coats. Canned seed coats are edible, but some recipes call for removing them. In general, you don't need to remove the coats when using canned favas in soups, stews or recipes like ful mudammas.

Dried beans come whole and split. For whole dried beans, the protective coats can be tough. They come off easier after soaking them for 24 hours in a bowl of room temperature water. Then drain, rinse several times, add more water and boil till soft.

Frozen fava beans are readily available with or without their coats in many international markets. They don't need to be par-boiled. Keep this staple in the freezer to pop in your mouth and enjoy a nutritious and protein-packed snack.



favas - good for you, good for the planet

Favas are packed with high quality protein, rich in complex carbohydrates and fiber. As such, they are gradually absorbed, leaving you feeling full for quite a long time. Favas contain necessary amino acids and minerals, providing a valuable amount of zinc, calcium, magnesium, potassium and iron. They also contain antioxidants, vitamin C and E, and carotenoid and have been shown to help reduce cholesterol.

Some studies show fava beans are beneficial for patients with Parkinson's disease, as the L-dopa found in the bean may improve motor skills. Please do not consider this a replacement for any related treatments.

Favas are also good for Mother Earth. Grown as a cover crop, they enrich the soil with nutrients, help it retain moisture, suppress weeds and pests. Favas can also boost the yield of nitrogen-demanding crops

Favas beans help the planet in other ways. They can eliminate or reduce the need for chemical fertilizers. And, in moving to a more plant-based diet, we shift away from resource-demanding animal protein, helping reduce greenhouse gas emissions, and lowering the climate footprint of the food we produce.

By the way, yes, we've heard the jokes about magical beans. Indeed, favas and other legumes may cause discomfort from bloating and gas. Introducing fava beans gradually into your diet might help. Soaking beans overnight, pouring out the water and rinsing several times before cooking might also help keep the magic away.

Warning: Favism

Favism is a condition affecting 4.9% of the population, resulting from a hereditary mutation in the enzyme G6PD. Cases are more common in certain parts of Africa, Asia, the Mediterranean, and the Middle East. People with favism can experience a severe reaction known as hemolytic anemia.

Symptoms include: headaches, shortness of breath, vomiting, nausea, stomach pains and fever.

Although people with favism may have a severe adverse reaction to fresh fava beans, cooking them may reduce the glycosides— the chemical compound that causes allergy symptoms. Soaking dried beans for 72 hours, as well as fermenting, roasting, frying, boiling and microwaving are all methods to reduce glycosides.

Please be mindful when eating fava beans, especially for the first time, and pay attention to any side effects.

Fava beans are prized crops for their highly nutritional benefits, in our bodies and in the soil, but we should all be aware of their potential harmful effects for some people.



recipes

Baghali Ghatogh

Author – persianmama.com



Iran



4 servings



Prep – 15 min Cook – 32 min



Ingredients

- Two 14-ounce packages of frozen fava beans, or about 2 pounds of podded and peeled fresh fava beans. Frozen lima beans may be substituted for fava beans.
- ½ cup butter
- 1 teaspoon kosher salt
- ½ teaspoon freshly cracked black pepper
- 2 cloves garlic, roughly chopped
- ¾ teaspoon turmeric powder
- 1 cup chopped fresh dill or ¼ cup dried dill
- 1 large onion sliced and fried to golden brown (about 4 ounces fried onions)
- 3 tablespoons vegetable oil for frying the onion
- 2 ½ cups hot water
- 4 eggs, to be cracked whole directly on the cooked fava beans and dill

Equipment

- You will need a 12-inch cast iron or other ovenproof skillet

Instructions

- **Step 1** - Wash the dill by immersing the tops and tender stems in cold water for a few minutes to loosen any possible grit, repeat a few times until the water is clear. Place the dill in a colander and drain all the water before chopping.
- **Step 2** - Rinse the frozen fava beans in a colander under warm water to thaw, and drain completely.
- **Step 3** - Thinly slice the onion and fry to golden brown. Set aside.
- **Step 4** - Heat butter in the cast iron or other ovenproof skillet and add the fava beans, salt and pepper. Sauté over medium-high heat for about 7 minutes, or until the beans are lightly golden and most of the natural juice is cooked off. Stir gently and frequently. Be careful not to break up the beans.
- **Step 5** - Reduce the heat to medium, add the fried onions, turmeric and chopped garlic. Stir and sauté for another 2 minutes.
- **Step 6** - Add chopped dill and hot water, bring it to a boil then reduce heat to the mark between medium-low and low. Cover and simmer for 30 minutes. Most cast iron skillets have pour spouts that do not allow complete coverage. Add more water if needed to maintain about an inch of liquid in the skillet.
- **Step 7** - Meanwhile, preheat the oven on broil for about 10 minutes, with the rack set on the very top shelf close to the heating element.
- **Step 8** - Uncover the skillet and crack the 4 eggs one at a time on top in four corners. Leave some space between the eggs so they do not cook into each other. It is easier to crack the eggs into 4 small bowls and keep them ready and add to the skillet when needed. This also eliminates the chance of accidentally dropping eggshells in the food.
- **Step 9** - Place the skillet in the preheated oven and broil for up to about 2 minutes, or until the egg white is set.
- **Step 10** - Serve warm with toasted bread or Kateh (Persian Quick Rice) and a side of salad. Serve one whole egg on top of each serving.

Ful Mudammas

Author – Nadia Irshaid Gilbert – Sahtein (YouTube Channel)



Palestine



4 servings



Prep – 15 min Cook – 10 min



Ingredients

- 2 tomatoes
- 3 tablespoon extra virgin olive oil
- Salt
- 3 cloves of garlic
- 1 bunch of Italian parsley
- 1 can of fava beans, drained and rinsed
- 1 tablespoon of grapeseed oil
- 1 teaspoon cumin
- Black pepper
- Optional: ½ teaspoon crushed red pepper or teaspoon of chili paste (shatta) or to taste
- 1 lemon, juiced
- 1-2 scallion
- Optional: white onion soaked in extra virgin olive oil for dipping

Instructions

- **Step 1** - Set the oven to 400°F. Chop one tomato and place it on a baking sheet. Toss in 1 tablespoon of olive oil. Roast for 10 minutes or until caramelized, but not burnt.
- **Step 2** - Use a mortar and pestle or food processor to mash 3 cloves of garlic with a pinch of salt and a teaspoon of olive oil. Heat grapeseed oil on medium heat in a deep saute pan. When oil is hot, add ¾ of smashed garlic into a pan with cumin, chili flakes or chilis/chili paste. Add 1 can of fava beans, rinsed and drained. Add salt and black pepper to taste.
- **Step 3** - After 5 minutes, or until everything is fully heated (canned favas come already cooked), start to smash favas with the back of a spoon or with a potato masher. Mash to desired consistency (creamy versus chunky).
- **Step 4** - Chop tomato, scallions and parsley. Save some of this chopped mix for garnish, too. Add to sauteed fava beans: lemon juice, roasted tomatoes, scallions, parsley and fresh tomato.
- **Step 5** - Garnish with tomato, scallions, parsley and remaining extra virgin olive oil. Eat traditionally with a quartered white onion that is soaking in extra virgin olive oil or with bread, pita, or crackers.

Falafel Ta'amiya

Author - thematbakh.com



Egypt



4 servings



Prep - 24 hrs Cook - 15 min



Ingredients

- 1 pound of dried chickpeas
- 1 pound of dried fava beans
- 1 onion
- 1 bunch of Italian parsley
- 1 bunch of cilantro
- 1 head of garlic, peeled
- 2 teaspoons of ground cumin
- 2 teaspoons of ground coriander
- Salt to taste
- 1 egg
- 1-2 cups of high heat oil (grapeseed)
- Sesame seeds (optional)
- 1 teaspoon baking powder

Instructions

- **Step 1** - Soak chickpeas and fava beans for 12-24 hours in room temperature water.
- **Step 2** - Quarter and chop the onion.
- **Step 3** - Blend fava beans and garlic in a food processor. Add chickpeas, chopped onion, parsley, cilantro, cumin, coriander and salt. Save some of the batter by flattening it then storing it in a ziplock bag, if you cannot use all of it.
- **Step 4** - Heat 1-2 cups of high heat oil in a frying pan on medium-high heat.
- **Step 5** - Put the remaining batter in a bowl and mix in the egg and baking powder. Take an ice cream scoop amount (about 3 tablespoons) into hand and make a ball, then flatten and put a small thumbprint in the middle.
- **Step 6** - Make sure the oil is hot by placing a small amount of batter in the oil. It should bubble up quickly around the batter and fry. Then, turn the heat down to medium. Begin adding 3-4 falafels at a time. Have a plate with a paper towel ready to place fried falafel.
- **Step 7** - Garnish with sesame seeds and salt when falafel is still hot.

Mixed Vegetable Curry Puffs

Author – indiaphile.info



India



12 pieces



Prep – 30 min Cook – 30 min



Ingredients

- ½ pound potatoes cut into 1/4 inch pieces
- 1 ½ cups cleaned and thinly sliced leeks
- ½ cup cooked fava beans
- ¼ cup dried chanterelle mushrooms
- ⅓ cup roasted beets chopped (about 1 medium beet)
- 2 tablespoons oil or ghee
- ½ teaspoon turmeric
- ½ teaspoon chili powder
- ¼ teaspoon garam masala
- ½ teaspoon salt
- ½ tablespoon lemon juice
- 2 sheets puff of pastry from a 17.9-ounce package, thawed or 4x 4" puff pastry squares
- 1 egg
- juice of 1 tangerine

Instructions

- **Step 1** - Soak the mushrooms in ¼ cup of lukewarm water. Set aside. Soak for 30 to 60 minutes.
- **Step 2** - Heat the oil or ghee in a wide saute pan over medium heat. Add the leeks and cook until soft. About 10 minutes. Stir every few minutes.
- **Step 3** - Add the potatoes, chili powder, turmeric, garam masala and salt. Add ½ cup water. Stir. Cover and cook for 15 minutes, until the potatoes are soft. Stir every 5 minutes to make sure the vegetables are not sticking to the pan. If it gets really dry, add a little more water.
- **Step 4** - While the potatoes are cooking. Chop the mushrooms. Toss out any parts that are still woody or tough. Set aside.
- **Step 5** - Once the potatoes are cooked, add the fava beans and chopped mushrooms. Stir. Cover and cook for 5 more minutes.
- **Step 6** - Add the beets. Stir gently and cook for two more minutes. Turn off heat and add the lemon juice. Stir gently again and let the mixture cool.
- **Step 7** - Preheat oven to 400°F.
- **Step 8** - Cut each sheet of puff pastry into 6 even pieces by cutting it into thirds lengthwise and into half width-wise or use one individual square
- **Step 9** - Place 2 tablespoons of filling onto a section of pastry. Brush the edges of the dough with water to help it seal and fold in half. Press the edges together with a fork.
- **Step 10** - Cut a few vent holes in the top crust of the pastry.
- **Step 11** - Whisk together the egg and the tangerine juice and brush onto each pastry, coating it with a thin layer of egg and juice mixture.
- **Step 12** - Transfer the pastries onto a parchment-lined baking sheet. Bake for 15 to 18 minutes until golden brown and flaky. Serve warm.

Mushroom Mapo Tofu

Made with Pixian Doubanjiang (fermented fava bean paste)

Author – Noah Kopito, Executive Chef, Mamahuhu, San Francisco



China



3–4 servings



Prep – 15min Cook – 10 min



Ingredients

- 1 pound soft tofu
- ¼ cup neutral oil (such as avocado oil)
- 2 ½ ounces Shiitake mushroom (fresh)
- ½ teaspoon Sichuan pepper powder*
- 4 each scallion
- 2 teaspoons garlic, minced
- 1 tablespoon ginger, minced
- 2 tablespoons Pixian doubanjiang
- 2 tablespoons fermented chili*, blended or pureed so that no whole seeds remain.
- 1 tablespoon bean paste* (northern Chinese style)
- 1 teaspoon sugar
- ¾ cup water
- 1 ½ teaspoons cornstarch mixed with 1 tablespoon water

Instructions

- **Step 1** - Heat 2 quarts of water in a pot. While the water is coming to a boil, prepare the tofu by draining it and cutting it into 1-inch cubes. When the water has boiled, carefully add the tofu pieces and simmer gently for 3 minutes. Drain and hold aside.
- **Step 2** - Prepare the mushroom by chopping it finely. It should yield ¾ cup.
- **Step 3** - Separate the green and white parts of the scallion. Cut the white parts into 1.5-inch pieces and slice the green parts finely. Hold both aside, separately.
- **Step 4** - Prepare the Pixian doubanjiang by mincing it finely with a sharp knife. Try to make a paste out of the chilies and fava beans. Hold aside as well.
- **Step 5** - When all of the ingredients have been prepared, place them near the stove. Heat the oil in a wok over medium heat and add the mushrooms. Cook for around 3 minutes or until they have become light brown. Add the garlic and ginger and fry for 30 seconds. Then add the Pixian doubanjiang and cook it for 30 seconds or so until it becomes fragrant and the oil takes on its reddish color.
- **Step 6** - Next, add the scallion whites, the fermented chili, the other bean paste and the sugar. Stir to mix, and then add the water. Bring to a simmer and then add the drained blanched tofu pieces. Cook at a simmer for about 1 minute, taking care not to reduce too much water. Mix the cornstarch and water together and add to the wok. Stir gently to incorporate the cornstarch and when the sauce has thickened, it is finished. Transfer to a plate, season with additional Sichuan pepper powder, and the thinly sliced green parts of the scallion and serve.

*To make Sichuan pepper powder, lightly toast some Sichuan peppercorns and grind them up in a mortar and pestle or spice grinder.

*Fermented Chili is a paste made from fresh chilies, tossed with salt and fermented for 1-2 months until they have developed a nice acidity. Its bright red color contributes to the dish's color. You can sometimes find similar chilies in Chinese stores - look for anything called salted chili or pickled chili. The most similar ones will only have chilies and salt as the ingredients, and possibly a preservative. Anything that has vinegar or sugar will be very different. If you make this yourself, by starting with fresh chilies and fermenting them, or by using store-bought, make sure to puree it as finely as possible before using it in the mapo tofu.

*The northern style bean paste we use is not spicy and has a little sweetness to it. It balances the intense Sichuanese doubanjiang.

Marchigiana Fava Bean Soup

Author - ouritaliantable.com



Italy



4 servings



Prep - 30 min Cook - 30 min



Ingredients

- ¼ pound thick-sliced pancetta
- 1 tablespoon extra virgin olive oil, plus for drizzling
- 1 small onion
- 1 stalk of celery
- 1 clove of garlic
- 1 small bunch of parsley
- 1 sprig of rosemary
- 8 ounces canned peeled Roma tomatoes
- 1 ½ quarts good quality chicken broth (preferably home-made)
- 8 ounces fregola pasta, or other pearl-shaped pasta
- 8 ounces shelled fava beans
- Grated pecorino to taste
- Toasted and sliced bread, drizzled with extra virgin olive oil
- Salt and pepper

Instructions

- **Step 1** - Dice the pancetta into ¼-inch cubes.
- **Step 2** - Finely chop the onion, celery, garlic, parsley and garlic.
- **Step 3** - In a heavy-bottomed pot over medium heat, add the pancetta and cook till brown.
- **Step 4** - Add one tablespoon of extra virgin olive oil and add the chopped vegetables. Season with salt and pepper. Sauté until the vegetables are soft-cooked through and add the cooked pancetta.
- **Step 5** - Squeeze the tomatoes in your hands into the pot. Season again with salt and pepper and sauté for about 5 minutes until the tomatoes and vegetables are well combined.
- **Step 6** - Add the chicken broth and bring to a boil. Again, season with salt as needed. Add the fregola and cook for the length of time indicated on the package (generally 8-10 minutes).
- **Step 7** - Lower heat to simmer and add the shelled fava beans. Cook until the beans are tender (as little as 1 minute).
- **Step 8** - Serve with grated pecorino cheese and a crostini drizzled with olive oil.

Beef & Fava Bean Empanadas

Author - Dená Brummer



Spain



8 servings



Prep - 30 min Cook - 55 min



Ingredients

Filling

- 1 large russet potato, peeled, diced into 1/4 inch cubes
- 2 tablespoons olive oil
- 3/4 pound ground beef
- 1/2 medium onion, grated
- 1 small carrot, grated
- 1 rib of celery, finely minced
- 2 cloves of garlic, minced
- 1/2 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 3/4 cup beef broth
- 1/2 cup frozen fava beans
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Crust

- 2 1/2 cups all-purpose flour
- 1/2 teaspoon sea salt
- 4 ounces unsalted butter, chilled and cut into 1/4 inch cubes
- 1 large egg, room temperature
- 1/3 cup ice water
- 1 egg, beaten for egg wash

Instructions

- **Step 1** - Make the pastry dough: Pulse the flour and salt in a food processor. Add the butter, 1 large egg and ice water, pulsing until the mixture resembles coarse crumbs. Shape the dough into a ball. Tightly cover the dough in plastic wrap and place it in the refrigerator for at least 30 minutes.
- **Step 2** - Prepare the filling: Fill a medium-sized pot 3/4 full with water and bring to a boil. Add the cubed potato to the pot and boil until tender, about 3 minutes.
- **Step 3** - Meanwhile, in a large skillet set over medium heat the olive oil until shimmering. Add the ground beef along with the onions, celery and carrots. Cook until the beef is browned and vegetables are softened (about 8 minutes). Once potatoes are cooked, drain and add them to the ground beef mixture.
- **Step 4** - Add the garlic, chili powder, cumin, cinnamon and beef broth. Cook 1 minute longer until the spices are fragrant. Add fava beans and simmer over medium heat until everything is fully incorporated and most of the liquid has been absorbed.
Season with salt and pepper.
- **Step 5** - Preheat oven to 375°F and place the rack in the center of the oven.
- **Step 6** - Remove dough from the refrigerator and divide it into 10 equal parts—roughly 2.2 ounces each. Roll each piece of dough very thinly on a lightly floured surface until you have a circle roughly 7 inches wide. Working with one empanada at a time, add a heaping 1/3 cup of filling onto one side of the dough.
- **Step 7** - In a small bowl, mix together the beaten egg with 1 tablespoon of water. Wet a pastry brush with egg wash and dampen the inside 1/4 inch edge of the dough. Fold the dough in half over the filling. Using a fork, firmly press the edges together. Repeat this process with the remaining dough and filling and arrange on a parchment-lined baking sheet.
- **Step 8** - Brush the tops of each empanada with the egg wash until coated. Bake for 35 minutes or until golden brown.

The Ultimate Fava Bean Flour Brownies

Author - jurgensburg.com



Latvia



9 servings



Prep - 15 min Cook - 35 min



Ingredients

- 3/4 cup organic fava bean flour
- 3 teaspoons vanilla sugar
- 1/2 cup of butter, cubed
- 1/2 cup dark chocolate 85%
- 3 eggs
- 1/2 cup unrefined cane sugar
- 1/2 teaspoon sea salt
- 4 tablespoons cocoa powder
- 1/2 cup walnuts (small chunks)
- 1 1/2 teaspoons instant coffee powder
- 1/2 cup chocolate chips

Instructions

- **Step 1** - Preheat the oven to 350° F.
- **Step 2** - Put greaseproof paper in a baking tray (ideally 7x7 in).
- **Step 3** - Combine cubes of butter and dark chocolate in a bowl and microwave for about 45 seconds until the chocolate starts melting.
- **Step 4** - Whisk the chocolate and butter together till smooth, set aside to cool.
- **Step 5** - Beat together eggs and sugar until creamy.
- **Step 6** - Add the chocolate mixture and vanilla sugar and whisk until creamy.
- **Step 7** - Sift in fava bean flour, sea salt, cocoa powder, and coffee powder and fold into the wet mixture.
- **Step 8** - Add the chocolate chips and walnuts to the mixture.
- **Step 9** - Pour the brownie batter into the greased tin and bake for 35-40 minutes.
- **Step 10** - Let the brownies cool down before slicing.
- **Step 11** - Sprinkle some vanilla icing sugar on top and they are ready to be served.

Jamaican Oxtail with Fava Beans

Author - [allrecipes.com](https://www.allrecipes.com)



Jamaica



4 servings



Prep - 30 min Cook - 45 min



Ingredients

- 1 pound beef oxtail, cut into pieces
- 2 large onions, chopped
- 2 green onions, thinly sliced
- 4 cloves garlic, minced
- 1 teaspoon minced fresh ginger root
- 1 scotch bonnet chile pepper, chopped
- 2 tablespoons coconut aminos
- 1 sprig fresh thyme, chopped
- ½ teaspoon salt
- ½ teaspoon thyme
- 1 teaspoon black pepper
- 2 tablespoons olive oil
- 1 cup water
- 1 cup of beef bone broth or beef broth
- 1 cup frozen or canned (drained) fava beans, drained
- 1 teaspoon whole allspice berries
- 1 tablespoon cornstarch
- 2 tablespoons water

Instructions

- **Step 1** - In a blender, blend 1 of the onions, 2 cloves of garlic, 1 sprig of thyme, 1 of the scallions, 1 tablespoon of oil, a generous sprinkle of salt and ½ cup of water.
- **Step 2** - Pour half of the marinade over the oxtails and marinate in the refrigerator for 24 hours. Reserve the remaining marinade for later use.
- **Step 3** - In a blender or food processor chop 1 of the onions, 1 scallion and 2 cloves of garlic.
- **Step 4** - Heat the vegetable oil in a large skillet over medium-high heat. Brown the oxtail in the skillet until browned all over, about 10 minutes.
- **Step 5** - Place into a pressure cooker, and pour in 1 ½ cup water and onion/garlic mixture. Cook in a pressure cooker for 25 minutes, then remove from heat and remove the lid according to the manufacturer's directions.
- **Step 6** - Add the fava beans and allspice berries, and bring to a simmer over medium-high heat. Dissolve the cornstarch in 2 tablespoons of water, and stir into the simmering oxtail. Cook and stir for a few minutes until the sauce has thickened, and the beans are tender.

Hortencia's Mexican Soup with Fava Beans

Author - Hortencia Hernandez



Mexico



0 servings



Prep - 24 hrs Cook - 15 min



Ingredients

- 5-6 cups water or chicken/vegetable stock
- 3 cups of dried, soaked and peeled favas, coats removed
- ½ white or yellow onion
- 1 garlic clove whole peeled
- ½ bunch of cilantro
- ½ tomato

Instructions

- **Step 1** - Soak dried favas for 24 hours. Remove the outer coats, see fava prep on page 10. Add 4-5 cups of water to the pot for boiling. Bring to a boil.
- **Step 2** - Add shelled and soaked favas, one clove of garlic, ¼ piece of onion, and ½ tablespoon of salt. Boil for 15-20 minutes, or until beans are tender, soft and falling apart into smaller pieces.
- **Step 3** - While boiling, skim the foam with a spatula and discard. Turn off the heat and add some of the chopped tomato, onion and cilantro - save some for garnish.
- **Step 4** - Garnish and add a drizzle of extra virgin olive oil. Add more salt and pepper to taste.

Fava Bean Cassoulet

Author – Daniel Saavedra, Sous Chef, La Cha Cha Chá Restaurant

 Mexico  5 servings  Prep – 35 min Cook – 10 min



Ingredients

- 1 cup, fava beans, blanched and peeled
- 1 each, red and yellow bell pepper, de-seeded and diced
- 1 ear of corn,
- 1 cup red pearl onions, peeled
- 1 small can pinto beans,
- 1 small can tomato sauce (12oz)
- 1/4 cup olive oil and 1 teaspoon
- 1 tablespoon butter
- Sourdough bread (as desired)
- Mint (as desired)
- Cilantro (as desired)
- Chive (as desired)
- Cotija or feta cheese (as desired)
- Pinch of salt

Pickling Liquid

- 1 teaspoon salt
- 1 teaspoon sugar
- 1/2 cup vinegar
- 1/2 cup water

Instructions

- **Step 1** - Shuck and roast over stove burner until corn develops a nice char. Cut corn kernels off cobb
- **Step 2** - Add all ingredients for the pickling liquid to pot and bring to a boil, pour over peeled pearl onions. Let it come to room temperature.
- **Step 3** - In a hot pot, put enough olive oil to coat the bottom of the pan.
- **Step 4** - Put in bell peppers and corn, sauté until bell peppers develop a small amount of caramelization.
- **Step 5** - Stir in pinto beans and heat thoroughly.
- **Step 6** - Add tomato sauce and reduce slightly.
- **Step 7** - Add pieces of butter until you reach a saucy consistency.
- **Step 8** - Fold in fava beans and herbs.
- **Step 9** - Season to taste
- **Step 10** - Plate up your cassoulet with crumbled cheese, pickles, and toasted sourdough bread.

Pea, Asparagus, and Fava Bean Salad

Authors - Melissa Hamilton & Christopher Hirsheimer



United States



6 servings



Prep - 15 min Cook - 20 min



Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon finely grated Pecorino or Parmesan
- 1 tablespoon (or more) fresh lemon juice
- Kosher salt, freshly ground pepper
- 2 cups fresh fava beans (from about 2 whole pounds pods) or frozen fava beans, thawed
- 2 bunches asparagus, trimmed, stalks peeled if thick
- 1 cup shelled fresh peas (from about 1 pound whole pods) or frozen peas, thawed
- ½ cup vegetable oil
- 1 shallot, thinly sliced
- 4 slices bacon, cooked and crumbled

Do Ahead

- Dressing and vegetables can be prepared 1 day ahead. Cover separately and chill

Instructions

- **Step 1** - Whisk olive oil, Pecorino, and 1 tablespoon lemon juice in a medium bowl to blend. Season with salt, pepper, and more lemon juice, if desired. Set dressing aside.
- **Step 2** - If using fresh fava beans, cook in a large saucepan of boiling salted water until tender, about 4 [2-4] minutes, depending on size and tenderness of the beans. Using a slotted spoon, transfer to a colander set in a bowl of ice water (do not cook frozen beans). Drain and peel coats; place in a large bowl.
- **Step 3** - Return water in saucepan to a boil; add asparagus and cook until just tender, about 4 minutes. Using tongs, transfer to a colander in ice water.
- **Step 4** - If using fresh peas, return water in saucepan to a boil; add peas and cook until tender, about 3 minutes (do not cook frozen peas). Drain; transfer to a colander in ice water. Drain vegetables. Add to bowl with fava beans.
- **Step 5** - Combine vegetable oil and shallot in a small saucepan over medium heat and cook, stirring occasionally, until shallot is golden brown and crisp, 10-12 minutes. Transfer shallot to a paper towel-lined plate.
- **Step 6** - Add dressing to a bowl with vegetables, season with salt and pepper, and toss to coat. Transfer salad to a serving platter and top with shallot and bacon.

Shrimp and Fava Beans

Author - Steven Satterfield



United States



4 servings



Prep - 15 min Cook - 20 min



Ingredients

- 1 cup kosher salt, plus more as needed
- 3 pounds whole fava pods (about 1 ½ cups beans after shelling)
- 4 tablespoons (½ stick) unsalted butter, cut into small pieces
- 1 ½ pounds (41-50 count) medium shrimp, peeled and deveined
- Freshly ground black pepper
- Juice of 1 lemon
- ½ cup fruity white wine
- 1 or 2 radishes, thinly sliced
- Flat-leaf parsley leaves, for garnish

Instructions

- **Step 1** - Fill a mixing bowl with water and ice cubes. Combine 1 gallon of water and 1 cup of kosher salt in a large pot; bring to a boil over high heat.
- **Step 2** - Tear open the fava pods and remove the beans, discarding the outer pods. Add the beans to the boiling water; cook for 1 to 2 minutes, then use a slotted spoon to transfer them to the ice-water bath. Once they're cool, remove the [outer hull] the fava coats from the beans each bean, placing the shelled favas in a bowl as you work.
- **Step 3** - Combine the butter and shrimp in a wide skillet over low heat. Stir as the butter melts and the shrimp begins to cook. Season lightly with salt and pepper, then add lemon juice and white wine. Keep a close eye on the shrimp as they cook, stirring frequently. Use a slotted spoon to transfer them to a bowl as soon as they are opaque and slightly curled.
- **Step 4** - Add the peeled favas to the skillet; increase the heat to medium-high. Cook just until the favas are heated all the way through, then taste for seasoning and adjust as needed. (Be sure to taste both the beans and the liquid.) Add radishes, to taste, then turn off the heat. Return the shrimp to the pan and toss to incorporate.
- **Step 5** - Divide, including the pan liquid, among individual wide, shallow bowls. Garnish with parsley; serve right away.

Fava Beans with Olive Oil & Lemon

Author - Williams & Sonoma



Italy



6 servings



Prep - 40 min Cook - 5 min



Ingredients

- 4 pounds fresh fava beans
- Salt and freshly ground pepper
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 clove garlic, minced
- 1 tablespoon chopped fresh flat-leaf parsley
- ½ teaspoon grated lemon zest
- ¾ cup shaved aged hard cheese, such as Pecorino

Instructions

- **Step 1** - Remove the fava beans from their pods and discard the pods.
- **Step 2** - Bring a large pot of salted water to a boil. Add the beans and cook until tender, 2 to 3 minutes (the amount of time required will depend on the freshness of the beans).
- **Step 3** -- Using a slotted spoon, drain the beans and then immediately plunge into a bowl of ice water. When cool enough to handle, slip off the coats and discard. Transfer to a serving bowl.
- **Step 4** - Whisk together the olive oil, lemon juice, garlic, parsley and lemon zest and season with salt and pepper. Drizzle on top of the beans and toss. Sprinkle the cheese over the top and toss gently. Serve right away.

Fava Bean Fennel Salad with Parmesan

Author - simplyrecipes.com



United States



4 servings



Prep - 15 min Cook - 15 min



Ingredients

- 2-3 pounds fresh fava beans, yielding about 1½ to 2 cups shelled beans
- Salt
- 1 small bulb fennel, thinly sliced (a mandoline works well for this)
- 2 ounces Parmesan cheese, thinly sliced
- 10 fresh mint leaves, thinly sliced (chiffonade by stacking leaves and rolling them into a cigar shape, cut thin slices from the end)
- 2 scallions (green onions), sliced
- Extra virgin olive oil
- ¼ cup lemon juice
- Freshly ground black pepper
- Smoked trout or tuna (optional)

Instructions

- **Step 1** - In a bowl combine the freshly peeled and cooked fava beans, the sliced fennel, and onions.
- **Step 2** - Drizzle extra virgin olive oil over the mixture, sprinkle with salt and pepper, and toss to coat.
- **Step 3** - Squeeze some lemon juice over the salad (about a tablespoon), add the Parmesan and mint, and toss to mix. Mix in smoked trout or tuna (optional).
- **Step 4** - Garnish with fennel fronds and/or mint sprigs.
- **Step 5** - Salt to taste. Optional: add tuna oil from the can or olive oil.
- **Step 6** - Serve as is or with toasted or grilled bread.

Fava Leaf Pesto with Pasta

Author - Enna Wholey



United States



2 servings



Prep - 10 min Cook - 15 min



Ingredients

- 3 cups of fava leaves, washed thoroughly and dried with paper towels (tender, young leaves are best.)
- ¼ cup pine nuts
- 1 cup grated pecorino romano or another hard rind cheese (parmesan)
- 1 lemon
- 2-3 cloves of garlic depending on how spicy you like your pesto (raw garlic)
- Salt
- Black pepper
- Optional: 1-2 cups herbs; add extra leafy herbs, for example, fresh basil, mint, dill, cilantro or carrot tops.
- ¼ cup pasta water, reserved, for creamy consistency/ease of blending
- ½ cup of extra virgin olive oil or more depending on consistency

Instructions

- **Step 1** - Add all ingredients except water to a blender or food processor (or use a mortar and pestle). Slowly add in water and more olive oil to blend to a smooth consistency.
- **Step 2** - Mix in pesto with pasta with a tablespoon or two of pasta water, and heat up on medium heat to incorporate well.
- **Step 3** - Salt to taste and garnish with grated cheese. Or, serve under a white fish or meat dish. Eat it on bread or pizza!

Pistachio with Kale Hummus

Author – Solla Eiriksdottir



United States



4 servings



Prep – 15 min



Ingredients

- 1 ½ cups (9 ounces) favas, skins removed
- ½ cup (2 ½ ounces) shelled pistachios
- 2 kale leaves, stems (stalks) removed
- ¼ cup (½ ounce) basil leaves, chopped
- ¼ cup (2 fl ounces) lemon juice
- 2 tablespoons grated lemon zest
- ¼ cup (2 fl ounces) olive oil
- 2 cloves garlic
- 1 teaspoon sea salt
- 1 teaspoon cayenne pepper
- Crackers, to serve

To garnish

- 1 ½ teaspoon extra virgin olive oil
- 2 teaspoons sesame seeds

Instructions

- **Step 1** – Put all the ingredients into a food processor and blend until smooth, scraping down the sides of the blender with a rubber spatula when needed.
- **Step 2** – Transfer to a serving dish, drizzle with olive oil and sprinkle with chopped pistachios

Open-Face Fava and Egg Salad Sandwiches

Author - Elaine Johnson



United States



8 servings



Prep - 20 min Cook - 25 min



Ingredients

Fava Salad

- 1 ¼ cups double-shelled fava beans (to learn how to double shell favas, see Fava 101 on page 10)
- 2 ½ tablespoons extra-virgin olive oil
- 1 ½ teaspoons lemon juice
- ½ teaspoon kosher salt
-

Egg Salad

- 5 hard-cooked large eggs
- 1 garlic clove
- 2 teaspoons coriander seeds
- ½ teaspoon ground New Mexico or California chile
- ¼ teaspoon caraway seeds
- ½ teaspoon kosher salt
- ⅔ cup mayonnaise
- 8 slices challah bread (preferably with sesame seeds), lightly toasted
- 2 tablespoons chopped cilantro, plus whole leaves

Instructions

- **Step 1** - Make fava salad: In a bowl, coarsely mash fava beans with a pastry blender. Stir in oil, lemon juice and salt. Set aside.
- **Step 2** - Make egg salad: Peel and slice eggs; set aside.
- **Step 3** - To make the tabil: Using a mortar and pestle, coarsely grind garlic, coriander seeds, chile, caraway seeds and salt to make tabil. Stir in mayonnaise, mashing mixture a bit.
- **Step 4** - Generously smear one side of toast with tabil mayonnaise. Arrange a layer of eggs on top, then spoon fava salad over eggs. Scatter chopped cilantro over sandwiches and garnish with cilantro leaves. Serve sandwiches open-faced and eat with a knife and fork.

Healthy Fava Snack

Author - Enna Wholey



United States



2 servings



Prep - 5 min Cook - 20 min



Ingredients

- Dried favas
- High-smoke point oil (extra virgin olive oil, avocado or grapeseed oil)
- Salt
- Black pepper

Instructions

- **Step 1** - Soak dried favas for 24 hours and remove coats. Toss lightly in oil, salt and pepper (or seasoning of choice).
- **Step 2** - Air fry for 15 minutes until crispy, tossing halfway through.



Planet Earth Observatory:

www.planeteearthobservatory.org

California State University, Chico: Legume Research for Healthy Agroecosystems:

<https://www.csuchico.edu/regenerativeagriculture/research/fava-bean-research.shtml>

Fava Bean Research

<https://www.favabeanresearch.com>