

FAVA BEAN AND TOMATO SALAD – serves 2

Ingredients

1 cup fresh fava beans, blanched and shelled (about 1.5 lbs. fresh in their pods)
1 small very ripe tomato
2-3 fresh basil leaves, minced
1/2 tsp. fresh marjoram, minced
1 clove garlic, minced
1 1/2 T. fresh lemon juice, squeezed
1/4 tsp. kosher salt
1/2 tsp. freshly ground black pepper
4 T. very good extra virgin olive oil

Method:

1. String, shell, blanch in boiling water for 2-3 minutes and then cool fava beans in an ice bath. One at a time, shuck the fava beans and put them in a bowl. Add the chopped tomato, basil, marjoram and green garlic. Toss gently with a spoon to mix.

2. In another small bowl add the lemon juice, salt and pepper. Whisk to mix. Slowly stream in the olive oil, about one tablespoon at a time, making an emulsified vinaigrette.

3. Pour the vinaigrette over the fava, tomatoes and herbs in the first bowl. Mix thoroughly and taste, adding a pinch more salt and pepper if desired. Serve either as is, or placed atop a very fresh bed of arugula.

Have a great time with this one and believe me, it's worth the effort with the beans and the rest of the preparation is very quick and simple!