Simple Sautéed Fava Beans
Recipe by Gabriel Claycamp of Culinary Communion

Fava beans are a delicious springtime superfood that is low in fat and high in protein, fiber and iron. It takes some time to remove the beans from the pods, but the result is well worth the effort. Enjoy this basic recipe as a side dish or add it to salads, spring pasta dishes, tacos, stews and more.

Ingredients

- boiling water
- salt
- ice
- tap water
- 2 lbs fresh fava beans, in the pod (yields about 1 1/2 to 2 cups shelled beans)
- 1 tablespoon butter
- 1 teaspoon olive oil
- 2 garlic cloves, minced, to taste
- salt & freshly ground black pepper, to taste

Directions

1. First, shell the beans from the fava pods (You can open the pods by hand or by running a knife along the seam of the pod.)
2. In a large saucepan, bring water to a boil, then add salt – the amount of salt depends on how much water you have, but it should be very salty, like seawater.
3. In a bowl, combine ice and tap water to make ice water; set aside.
4. Add the shelled beans to the boiling water and let cook for about 3 minutes, then remove beans from saucepan and immediately plunge into the ice water to stop the cooking.
5. Let the beans cool, then peel the outer skin from each of them.
6. Over medium heat in a skillet, melt together the butter and olive oil, then add the garlic and sauté for 1 minute.
7. Add the peeled fava beans and sauté for about 5 to 7 minutes, or until they are done to your preference.
8. Season to taste with salt and freshly ground pepper & serve.

Notes

- When choosing fava beans, look for pods that that are firm and fresh looking. Favas are in season between April and June, approximately.