



Full Belly Farm

Fresh, delicious veggies fruits and nuts

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EDAMAME & FAVA BEANS RECIPES

These recipes updated 7/23/2011

One of our members, Lorna Belden, pointed out to us that there are several good recipes using fava beans on the Epicurious.com web site.

Edamame – a variety of Fresh Soybeans

From 8/04

In case you didn't get a box last week, we are reprinting the Edamame introduction that was also in last week's Beet:

The plant bunch that you will find in your box is full of edamame, a traditional Asian vegetable that you may have encountered in sushi restaurants, or the frozen sections of grocery stores. We are sending you the edamame still on the plant because the flavor and quality remain higher this way. You can store the edamame plants in your refrigerator for up to two weeks.

Strip the pods off the stems and cook them in boiling water for about five minutes. After cooking, you simply remove the beans from the pods, sprinkle them lightly with salt and they are ready -- a nutritious snack! They are usually eaten cold or room temperature.

What to do with Edamame

From 7/07

Edamame is the Japanese name for soybeans. To prepare edamame, all you have to do is boil the entire basketful from your box, using salty water, pods and all. To tell if they are done, pull one bean out of the water and make sure that the pod is soft and easy to open. You can simply pop the beans out of the pod directly into your mouth! If you want to spend a little more time you can shell them all in advance and add them to a salad.

Edamame is a wonderful snack and a source of complete protein. Soybeans contain all of the essential amino acids. They have been a crucial crop in eastern Asia since long before written records and they are still a major crop in China, Korea and Japan today.

Soybeans are one of the “biotech food” crops that are being genetically modified in increasing numbers. Most of the soy on the market (89% in the U.S.) contains genes that make every cell of the soybean plant resistant to being sprayed by a herbicide produced by Monsanto. Our seeds were grown and bred by Johnny’s Selected Seeds. Johnny’s is a member of the Safe Seed Initiative, pledging that they do not knowingly buy or sell genetically engineered seeds or plants.

Spicy Fava Beans with Onions

From 5/04

1 1/2 cups fava beans, removed from pods, with inner skin left on
2 tablespoons olive oil
2 cups thinly sliced white or red onion
3 cloves garlic, finely chopped
2 jalapeno chiles, seeds and veins removed, cut into thin strips
1/4 cup water
2 tablespoons cilantro, coarsely chopped
1 teaspoon salt

With a paring knife or peeler, shave off a thin portion of the skin where the fava beans were attached to the pod (the dark spot on the skin). This allows the flavors to penetrate into the beans.

Heat oil in a skillet over medium heat. Add the onion, garlic and chiles, and cook gently without browning until onion is translucent. Add the beans, 1/2 teaspoon of salt, and water. Cover the pan and cook over medium-low heat for about 7 to 10 minutes until beans are tender. Check the mixture periodically and shake it around so it doesn't stick. Let the vegetables steam-cook in their juices. Add a little more water if necessary. Then add the cilantro, and let everything cook for another minutes or so. Taste for salt, and add remaining 1/2 teaspoon salt or more as needed. Serve warm or at room temperature.

Russ's Fava Bean Recipe

From 5/06

Here's the way to peel the favas: Drop the entire pod into boiling water for no more than 5 minutes (or they may squish when you peel them). Drain the beans and after they cool, pop the beans out of the pods (they should just slide out). With your fingernails, pinch off a strip of skin on each bean. With the other hand, squeeze the skin at the bottom to pop out the bean (projecting it from the skin). It's worth the trouble!

Sauté some fresh onions and lots of garlic (dried or fresh). Add the fava beans to the pot and coat them with olive oil. Add a bit of water if it seems necessary. Cook the beans long enough so that they taste seasoned. Savory or mint are good choices for adding additional flavor.

More Fava Bean Recipes

From 5/04

The following recipe suggestion was sent to us by member Kathleen Denny:

Toss barely cooked fava beans with cooked barley (brown rice, bulgur or firm pasta would also work), chopped green onion, dill, oregano and lightly dress the mixture with olive oil and lemon juice, salt and ground pepper. I let the flavors of this hearty salad meld overnight, though an hour or two would probably be sufficient. Olives were a good addition, and I would try other variations like bits of prosciutto or chopped carrots. Tomatoes and fresh favas unfortunately do not share a season, because it seems that would be another good combination, though you could always try chopped canned ones.

Fava Beans and Greens

From 4/04

We wrote a little bit about fava beans last week, but for the benefit of those people who get a box every other week, we will repeat a little from our last issue as well as offer a new recipe. The easy way to skin fava beans is to drop them (in their pods) into boiling water for about one minute. This loosens the skin and slightly cooks the beans (which is all they need). Drain and cool them. After shucking the beans from the pod, use your thumbnail to break open the skin at the top end and squeeze the bean out of its skin, between the thumb and forefinger of your other hand. Once you get going, this doesn't take as long as you would imagine.

Judith's husband Thomas has come up with an excellent fava bean recipe. It was great the first time and then we decided to take it to a potluck dinner, where the positive reviews convinced us

that it was worth passing on. Thomas keeps a well stocked kitchen -- the mirin and sake called for in the recipe below testify to that. Both are easy to find and add immensely to the flavor of the following dish.

Shuck and skin 1 1/2 pounds of fava beans (this is the amount in your box). Wash and chop 1 to 2 bunches of a light, tender green like arugula. If arugula isn't available, use chard. After cleaning and dicing, saute 2 to 3 stalks of each, fresh garlic and fresh onions. Add the arugula or other green. If it is a tender arugula you should just cook it until wilted. Chard will need additional time to cook. Add the fava beans and turn off the heat. Season with mirin, sake, soy sauce and brown rice vinegar. Sprinkle with sesame seeds (optional).

Simple Fava Beans

From 4/08

1 lb beans from your box
1 clove garlic
1 sprig sage
butter or olive oil
salt and pepper

Mince the garlic and sage. Prepare the beans. Heat a saucepan, melt the butter or olive oil, add the herbs, salt and pepper. Sauté for just a few minutes. Pour this over the fava beans and serve!

Fava Beans

From 4/10

Fava beans have a nutty flavor with a hint of tannin, a short season, and a reputation of being difficult or time consuming to cook. Here are some hints:

1. The first step is to get the beans out of their pods. We recommend the easy way: Pop the entire pod in boiling water for 3 to 6 minutes, then drain and cool down with ice water or a cold rinse to stop the cooking. Using a knife or your thumbnail, slit the peel at the top, then squeeze the beans out. We vary the amount of time in the boiling water depending on the size of the beans and how we plan to cook them. Later in the season the beans are quite large and need longer to cook. With a bit of experience, you will know how long they need.

2. Many people take the skin or jacket off the bean after they get it out of the pod. These skins are where the tannin flavor comes from, and it is a flavor that some of us enjoy, so at the farm we don't bother -- especially with young beans like the ones you are getting in your boxes. Later in the season, if the beans are large, you can pop them out of their jackets, but this is the process that gives them the reputation of being time consuming to deal with.

3. The beans can be served simply with olive oil and salt, maybe accompanied by a sharp sheep's milk cheese and slices of good salami on the side. They can be added to stews, pastas and risottos, or they can be made into a puree with a bit of olive oil and lemon.

Roasted Fava Beans

From Kathy Wright – 5/11

I wanted to tell you about a terrific, super easy , and very tasty way of preparing Fava beans. We had these last night, and they were terrific!

Preheat oven to 450F. Spray a shallow baking dish with Pam, or with olive oil.

Wash the whole Fava beans, then toss with olive oil, salt and pepper.

Spread them out in the baking dish.

Bake for 25 minutes.

Remove from pan, sprinkle with more salt, if desired. Eat edamame style, by popping the bean seeds out. That's it!

Fava Beans

From 4/2011

Fava beans are eaten all over the world: In Puglia Italy (with wild chicory); in China (with soybeans and chili peppers); in Egypt (with onions at breakfast as a national dish); in Latin America (in snacks and soups); in the Netherlands (with savory and butter) and in Ethiopia (where they are one of their most popular legumes)!

Favas are at the heart of legends and cultural traditions: In the Netherlands rubbing the velvety insides of the pods is said to be a remedy for warts. In Portugal the one who gets a Christmas cake with favas inside has to buy the cake the following year. And according to tradition in Sicily, the beans once kept the population from starvation and are now carried by some people for good luck.

Some people can't eat fava beans because they have favism, a hereditary disease, that can make them very sick. Greece, and parts of Africa, the Middle East and South Asia have higher rates of favism. But these are places where a particularly deadly form of malaria exists, and the co-evolution of fava beans and malaria may have given people with favism some protection against malaria!

At the bottom of the recipe page of the Full Belly web site, there is a document that you can download onto your computer that has several fava bean recipes. You are getting a pound of fava beans in your box, but after you have taken these out of their pods, there will probably only be about 2 cups of actual beans to eat.

Fava beans have a nutty flavor with a hint of tannin, a short season, and a reputation of being difficult or time consuming to cook. Here are some hints:

- 1.** The first step is to get the beans out of their pods. We recommend the easy way: Pop the entire pod in boiling water for 3 to 6 minutes (depending on the average size of the beans), then drain and cool down with ice water or a cold rinse to stop the cooking (you don't want the beans to get mushy). Using a knife or your thumbnail, slit the pod at the top, then squeeze the beans out.
- 2.** Many people take the skin or jacket off the bean after they get it out of the pod. These skins are where the slightly bitter flavor comes from, and it is a flavor that some of us enjoy, so at the farm we don't bother -- especially with young beans like the ones you are getting in your boxes. Later in the season, if the beans are large, you can pop them out of their jackets, but this is the process that gives them the reputation of being time consuming to deal with.

3. The beans can be served simply with olive oil, a bit of wine vinegar and salt, maybe accompanied by a sharp cheese and slices of good salami on the side. They can be added to stews, pastas and risottos, or they can be made into a puree with a bit of olive oil and lemon.