



Fava  
Split peas-Pois cassés jaunes

**FAVA  
COOK-KIT.**

BY  
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100 gr fava (yellow split peas)  
1/2 white onion  
40 ml extra virgin olive oil  
1 bay leaf  
325 ml water or vegetable stock

**FAVA  
COOK-KIT**  
1-2  
PORTIONS

100 gr fava  
2 star aniseed  
250 ml orange juice  
175 ml of water  
40 ml extra virgin olive oil  
15 gr chopped onion

**TRADITIONAL RECIPE**

Bring the water or the vegetable stock to the boil in a saucepan. Stir in the fava. Skim regularly. Add the onion and the bay leaf. Cook over a low heat until tender for about 30 minutes. Put the fava into a blender with olive oil, salt, pepper and blend it till a desired smooth consistency. Serve it with capers and olive oil.

**INGREDIENTS**

Put all the ingredients except olive oil into a saucepan and bring to the boil, then reduce the heat and simmer till the fava becomes tender.

Take out the aniseed.

Blend it to a puree adding the olive oil, salt and pepper till a desired smooth consistency.

**MODERN RECIPE**



Feedback: [discovergreekbe@gmail.com](mailto:discovergreekbe@gmail.com)—The recipes come courtesy of (in alphabetical order) G.Dimitriou, M.Makrygiannakis (chefs) and N.Tsiknakos (Executive Chef)