



Fava
Split peas-Pois cassés jaunes

**FAVA
COOK-KIT.**

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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—The recipes come courtesy of (in alphabetical order) G.Dimitriou, M.Makrygiannakis (chefs) and N.Tsiknakos (Executive Chef)