

NEAPOLITAN FAVA BEAN SOUP WITH PANCETTA AND FRESH HERBS

The fresh fava bean soup is present into several Italian regional cuisines. This peasant dish has been incredibly convenient and tasty, and was representing the symbol of the arrival of the warm season. Here the Neapolitan variation with this delicious bean, Italian Pancetta, and fresh herbs!

NEAPOLITAN FAVA BEAN SOUP with pancetta and fresh herbs

Prep time 1 hour - Serves: 4

Ingredients:

- 1 Lb (450 g) fresh fava beans, shelled
- 2 oz (55 g) Italian Pancetta, diced
- 1 big red onion
- 2 cloves of garlic (optional)
- 2 quart vegetable broth (here my recipe)
- 1 tbsp extra-virgin olive oil
- ¼ cup white wine (optional)
- 1 sprig fresh mint (alternatively, fresh parsley)
- 1 tsp black pepper
- to taste table salt

Instructions:

FAVA BEANS

First shell the beans, then poach them into boiling water for 1 minute. Eventually, rinse the legumes, incise the skin of the beans and peel them.

ONION AND PANCETTA "SOFFRITTO"

Now, dice the Pancetta, then peel and slice the onion. Peel and crush the garlic as well. After that, pour the Pancetta in a pot along with 1 tbsp of extra-virgin olive oil and saute over low/medium flame stirring as needed until golden brown. Optionally, raise the flame and baste with the white wine, cook a couple of minute on high heat, then low the flame. Finally, add the onion and the garlic, then sauté until soft and translucent.

NEAPOLITAN FAVA BEAN SOUP

Now, add the peeled beans into the pot, and sauté 1 minute along with the Pancetta "soffritto". After that, submerge the ingredients with a couple of ladles of boiling vegetable broth. Let the soup simmering about 40 minutes, adding a scoop of broth every once it is necessary. Finally, garnish with fresh herbs and black pepper, then serve hot, but not too much.