

Recipe By Amber Share for Native Food & Wine

Favas & Fresh Pecorino

Serves approximately 6

If you can't locate fresh pecorino substitute ricotta salata, cojito or semi-firm goat's milk cheese.

3 pounds (1.3 kilograms) fresh fava beans

10 ounces (300 grams) fresh pecorino, chopped into small squares

3 tablespoons extra virgin olive oil

salt & pepper

1 tablespoon finely chopped flat-leaf parsley, chives or arugula (optional)

Italian bread (optional)

Pull the strings on the sides of the pods and remove the beans. If the beans are young and fresh there won't be a string yet so just run your fingernail along the seam to open.

If the beans are the first of the season this step may be omitted and the beans can be eaten raw. Boil in water for about 45 seconds then drain and plunge into ice water to stop the cooking process. If they are tender, springtime beans there is no need to peel the skins. Taste one and see if it is tough. If it is then you'll need to peel the thin skin from the beans.

Add all ingredients except bread to a large bowl and toss gently. Season with salt & freshly ground black pepper to taste. This salad is often served with bread as an antipasti. You can also mash up the beans and herbs, spread onto crostini and top with cheese.