

[Stella Cadente](#)

Alice Waters Chilled Fava Bean Soup

Posted by Administrator on March 19, 2012 in [Soups](#)

2 pounds Fava Beans (about 1 cup shelled)
½ cup Stella Cadente Extra Virgin EVOO (edited by SC)
1 medium onion, diced
2 garlic cloves, sliced
sea salt
Black pepper in a mill
4 cups light vegetable or chicken stock

Shell the Fava Beans. Double shell if necessary. Heat the olive oil in a heavy pot until very soft and fragrant. Add the garlic, cook 2 minutes, and season generously with salt. Add the fava beans and onions, cook 2 minutes more and then add enough stock to cover the beans.

Simmer until the fava beans are tender. Puree the mixture until smooth adding additional stock as necessary until you reach the proper consistency. Chill the soup, taste and season with salt and pepper. Dilute with additional stock if necessary. Ladle the soup into chilled bowls and drizzle with a thread of Stella Cadente EVOO (edited by SC).

This Soup is also delicious hot if you don't want to wait for it to chill!!!

Stella Cadente Olive Oil P.O. Box 37
Palermo California 95968
Tel:800-305-1288
Fax:707-961-6001
stella cadente@pacific.net

Copyright Stella Cadente 2012. Design and Development by [MC2 DESIGN GROUP](#)