

Greek Fava

Authentic Greek Fava recipe - creamy yellow split pea dip with olive oil and lemon. A traditional Greek appetizer perfect for mezze platters.

30	45	75	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Greek Fava

Ingredients

- 2 cup broad bean
- 5 tbsp olive oil
- 1 onion
- 1 lemon
- 1 tsp salt
- 0.5 tsp granulated sugar
- 4 sprig dill

Instructions

- 1 Prepare the Split Peas**

Rinse 2 cups yellow split peas under cold water until water runs clear. Place in a large bowl with 3½ cups water and soak for at least 8 hours or overnight.
- 2 Start Cooking**

Transfer the soaked split peas and their soaking liquid to a large heavy-bottomed pot. Add 1 chopped onion, 1 teaspoon salt, and ½ teaspoon sugar.
- 3 Bring the mixture to a boil over high heat, then reduce heat to medium-low to maintain a gentle simmer. Cook uncovered for 45-55 minutes, stirring occasionally, until the split peas are completely soft and falling apart.**
- 4 Create the Puree**

Remove the pot from heat and let cool for 5 minutes. Using an immersion blender, blend the mixture until completely smooth and creamy, about 2-3 minutes.
- 5 Check the consistency - it should be thick but spreadable. If too thick, stir in warm water 1 tablespoon at a time until you reach the desired texture.**
- 6 Chill and Set**

Transfer the fava to a serving bowl and smooth the top with a spoon. Cover and refrigerate for at least 1 hour until set and chilled.
- 7 Finish and Serve**

Remove from refrigerator 15 minutes before serving to bring to room temperature. Drizzle 5 tablespoons olive oil over the surface and garnish with 4 sprigs fresh dill.

Tips

Soak the split peas for at least 8 hours or overnight for faster, more even cooking and a smoother final texture.

Don't drain the soaking water - use it for cooking as it contains nutrients and helps achieve the perfect consistency.

Skim any foam that rises to the surface during cooking to ensure a clean, smooth final product.

Add salt towards the end of cooking to prevent the split peas from becoming tough or taking longer to break down.

For ultra-smooth Fava, pass the mixture through a fine-mesh sieve after blending to remove any remaining lumps.

Adjust the consistency with warm cooking liquid or water - the mixture will thicken as it cools.

Use high-quality extra virgin olive oil for finishing, as its flavor will be prominent in the final dish.

Serve at room temperature or slightly warm for the best flavor and texture - avoid serving it cold from the refrigerator.