

Sea Cowpea

Traditional Greek sea bean appetizer with olive oil, lemon and garlic. Light, healthy Mediterranean dish perfect served with fish. Ready in 30 minutes.

15 min

PREP

15 min

COOK

30 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 sprig sea beans
- 2 clove garlic
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp salt

Instructions

1 Prepare the sea cowpeas

Rinse the sea cowpeas thoroughly under cold running water to remove any sand or debris. Trim away any tough stems or woody parts, keeping only the tender green shoots and leaves.

2 Blanch the sea cowpeas

Bring a medium saucepan of salted water to a rolling boil over high heat. Add the cleaned sea cowpeas and cook for 3-5 minutes until bright green and tender-crisp.

3 Drain the sea cowpeas immediately in a colander and rinse with cold water to stop the cooking process. Pat dry with paper towels and transfer to a serving bowl.

4 Make the dressing

Finely mince 2 cloves of garlic and place in a small bowl. Add 2 tablespoons olive oil, 1 tablespoon lemon juice, and 1 teaspoon salt.

5 Whisk the dressing ingredients together until well combined and the salt is dissolved.

6 Finish and serve

Pour the dressing over the sea cowpeas and toss gently to coat evenly. Let stand at room temperature for 10

minutes to allow the flavors to meld before serving.

Tips

Always taste sea cowpeas before adding salt to your dressing, as their natural saltiness can vary significantly depending on where they were harvested.

Don't overcook the sea cowpeas - they should maintain their signature crunch and bright green color after blanching.

For the best flavor, use high-quality extra virgin olive oil and freshly squeezed lemon juice in your dressing.

Crush the garlic cloves with the flat side of a knife before mincing to release maximum flavor and aroma.

Serve the dish at room temperature rather than straight from the refrigerator to allow the flavors to fully develop.

If sea cowpeas are unavailable, you can sometimes find them pickled in Mediterranean specialty stores - just rinse them well before using.

Add the dressing to the sea cowpeas while they're still slightly warm to help them absorb the flavors better.