

Fava

Traditional Greek fava bean dip recipe - creamy, healthy Mediterranean appetizer perfect for any occasion. Easy homemade meze dish.

30	45	75	4	Medium
HAZIRLIK DK	PIRME DK	TOPLAM DK	PORSİYON	ZORLUK

Fava

Malzemeler

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

Yapılışı

- 1 Prepare the Split Peas**

Rinse 2 cups yellow split peas under cold running water until water runs clear, picking out any stones or debris. Place in a large bowl and cover with cold water by 2 inches. Soak overnight at room temperature, about 8-12 hours.
- 2 Start Cooking**

Drain the soaked split peas and transfer to a large heavy-bottomed pot. Add 4 cups fresh water, 1 chopped onion, 1 teaspoon salt, and 0.5 teaspoon sugar.
- 3** Bring mixture to a rolling boil over high heat, skimming off any foam that rises to the surface with a spoon.
- 4** Reduce heat to low and simmer partially covered for 45-60 minutes, stirring occasionally, until split peas are completely soft and falling apart and most liquid has been absorbed.
- 5 Make the Puree**

Remove from heat and let cool for 5 minutes. Using an immersion blender or potato masher, puree the mixture until completely smooth and creamy, adding small amounts of warm water if needed to achieve a thick but spreadable consistency.
- 6** Taste and adjust seasoning with additional salt if needed. Transfer to a serving bowl and smooth the surface with the back of a spoon.
- 7 Chill and Serve**

Cover and refrigerate for at least 2 hours until completely chilled and set.
- 8** Just before serving, drizzle 5 tablespoons olive oil over the surface in decorative patterns. Garnish with 3 sprigs fresh dill and serve with crusty bread or pita.

?puçlar?

Soak the split peas overnight in plenty of water - they will double in size and cook more evenly with this preparation.

Always cook the split peas in their soaking water to retain maximum flavor and nutrients that have leached out during soaking.

Add the onion, salt, and sugar during cooking rather than after to ensure they integrate fully and develop deeper flavors.

Strain and mash the mixture while it's still warm for the smoothest, creamiest texture - cold split peas are much harder to puree properly.

Chill the puree for at least 1-2 hours before serving to allow flavors to meld and the texture to firm up properly.

Mix the olive oil and lemon juice together before drizzling to create an emulsified dressing that distributes evenly.

Taste and adjust seasoning just before serving, as the flavors can mellow during chilling and may need a boost of salt or lemon.

Garnish with fresh dill right before serving to maintain its bright color and fresh flavor - adding it too early will cause it to wilt.