

Peloton



Giro d'Italia

OFFICIAL GUIDE

FAVA BEANS, STRAWBERRIES & PECORINO

A spring recipe by chef Chris Cosentino

As spring hits in full force, we see amazing fava beans and sweet strawberries come at the same time in California. Here is a perfect combination of the season, featuring sweet, tart, salty and rich ingredients all together in one simple salad. It serves four.

WHAT YOU NEED

- 3 cups (14 oz/400g) shelled young, tender fava beans (about 3 lb/1.4kg in the pod)
- 2 cups (8 oz/250g) strawberries, stemmed and quartered lengthwise
- Vanilla salt
- Freshly ground black pepper
- 1 bunch arugula (4 oz/125g), preferably wild (tough stems removed)
- 1–2 tbsp balsamic vinaigrette (*I prefer Villa Manodori*)
- Wedge of young Pecorino Toscano cheese for shaving

HOW YOU MAKE IT

Fill a large saucepan three-quarters full of water, add salt and bring to a boil over high heat. While it heats, fill a large bowl halfway with salted ice water and set nearby. Add the fava beans to the boiling water, blanch for one minute, drain and immediately immerse in the salted ice water to cool completely. Drain the fava beans and then pinch off the outer skin from the larger beans by pinching the bean at one end. If the fava beans are yellow, discard them as they will be starchy. The skins on the smaller beans are neither tough nor bitter and can remain intact. Place the beans in a bowl. Discard the outer skins.

Add the strawberries to the fava beans and season to taste with vanilla salt and pepper. Add the arugula, drizzle with the vinaigrette to taste and toss to mix evenly. Taste and adjust the seasoning with salt and pepper.

Transfer the salad to a platter or divide among individual plates. Using a vegetable peeler, shave a few pecorino curls over the top. Serve right away. *Pm*

A GOOD LISTEN: Check out Cosentino's podcast called "Losing your mind with Chris Cosentino" at chefchriscosentino.com



WORDS: CHEF CHRIS COSENTINO
IMAGE: MICHAEL HARLAN TURKELL