



# Fava Beans with Artichokes, Asparagus, and Peas



## WHY THIS RECIPE WORKS

Italian vignole is a vibrant braise that highlights the best of spring produce. Since fresh fava beans are traditional, we started there. The favas are usually eaten skin on, but tasters found their fibrous skins tough and unpleasant. We were happy to find that we could tenderize the skins by blanching the beans in a baking soda solution. After testing various ratios of water to baking soda, we landed on 2 cups of water and a teaspoon of baking soda; this resulted in nicely tender beans without any bitter, soapy aftertaste. However, the baking soda solution had one drawback: The high pH of the water caused the favas to slowly turn purple during cooking—and they continued to change color after draining. We found that the most effective way to counteract this was to simply rinse them thoroughly after cooking. With our skin-on favas perfected, we turned to the remaining vegetables. Sweet peas, savory baby artichokes, and grassy asparagus added layers of springtime flavor. A speedy stovetop braise was the ideal method for cooking each vegetable perfectly; we added the artichokes first to allow them time to cook almost all the way through before adding the more delicate asparagus and peas, and finally the favas to warm through. We finished the dish with fresh herbs and lemon zest to reinforce the lively flavor profile.

INGREDIENTS	INSTRUCTIONS	SERVES 6
<div><div>2</div><div>teaspoon grated lemon zest, plus 1 lemon</div></div> <div><div>4</div><div>baby artichokes (3 ounces each)</div></div> <div><div>1</div><div>teaspoon baking soda</div></div> <div><div>1</div><div>pound fava beans, shelled</div></div> <div><div>1</div><div>tablespoon extra-virgin olive oil</div></div> <div><div>1</div><div>leek, white and light green parts only, halved lengthwise, sliced thin,</div></div>	<p>This recipe works best with fresh, in-season vegetables; however, if you can't find fresh fava beans and peas, you can substitute 1 cup of frozen, thawed fava beans and 1¼ cups of frozen peas; add the peas to the skillet with the beans in step 4.</p> <div><div>1.</div><div>Cut 1 lemon in half, squeeze halves into container filled with 2 quarts water, then add spent halves. Working with 1 artichoke at a time, trim stem to about ¾ inch and cut off top quarter of artichoke. Break off bottom 3 or 4 rows of tough outer leaves by pulling them downward. Using paring knife, trim outer layer of stem and base, removing any dark green parts. Cut artichoke into quarters and submerge in lemon water.</div><div><div>2.</div><div>Bring 2 cups water and baking soda to boil in small saucepan. Add beans and cook until edges begin to darken, 1</div></div></div>	

and washed thoroughly

Salt and pepper

**3** garlic cloves, minced

**1** cup chicken or  
vegetable broth

**1** pound asparagus,  
trimmed and cut on bias  
into 2-inch lengths

**1** pound fresh peas,  
shelled (1¼ cups)

**2** tablespoons shredded  
fresh basil

**1** tablespoon chopped  
fresh mint

to 2 minutes. Drain and rinse well with cold water.

**3.** Heat oil in 12-inch skillet over medium heat until shimmering. Add leek, 1 tablespoon water, and 1 teaspoon salt and cook until softened, about 3 minutes. Stir in garlic and cook until fragrant, about 30 seconds.

**4.** Remove artichokes from lemon water, shaking off excess water, and add to skillet. Stir in broth and bring to simmer. Reduce heat to medium-low, cover, and cook until artichokes are almost tender, 6 to 8 minutes. Stir in asparagus and peas, cover, and cook until crisp-tender, 5 to 7 minutes. Stir in beans and cook until heated through and artichokes are fully tender, about 2 minutes. Off heat, stir in basil, mint, and lemon zest. Season with salt and pepper to taste and drizzle with extra oil. Serve immediately.