

Te Wai Pounamu

Ingredients

- 1500g dried fava beans
- 1500g onion
- 6 bay leaves
- teaspoon fenugreek
- 1/2 cup mature lacto veg (usually sauerkraut)
- 100ml apple cider vinegar
- A few bits of dried kelp
- Sunflower or rapeseed oil

Method

1. Soak fava beans w a few pieces of kelp and a teaspoon of salt overnight in pressure cooker filled to the rivets.
2. in the morning, bring to the boil (steady steam stream from lid) then simmer for 1 hour
3. Chop onions and add to high-sided 1/1 gastro. Salt and generously oil. Add bay leaves and fenugreek.
4. Combi mode @ 160 10mins, convection mode @ 160 10mins. Maybe a few minutes at 180. Onions should be browning and slightly caramelised.
5. After 60 mins take beans off heat and wait for pressure to lower (steam not streaming). Drain.
6. Add the beans to the onion tray. Salt.
7. Drizzle oil on top then convection mode @ 180 7 mins. Stir and repeat x 2. Beans should be browned and bursting.
8. Add more kelp and lacto veg and 100ml apple cider vinegar and 1500ml water. Put lid on.
9. Combi mode @ 160 20mins
10. Taste and salt.

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