

Te Wai Pounamu

Ingredients

- 1500g dried fava beans
- 1500g onion
- 6 bay leaves
- heaped teaspoon canterbury fenugreek
- 100ml apple cider vinegar
- A few bits of dried macrocystis kelp
- Sunflower or rapeseed oil

Method

1. Soak 1500g fava beans w a few pieces of kelp and a teaspoon of salt overnight in pressure cooker filled with water 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 mid-sided 1/1 gastro. Salt and generously oil.
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). Strain and reserve cooking water.
6. Add the beans to the onion tray. Salt.
7. Drizzle oil on top then convection mode @ 180 10 mins. Stir and repeat. Beans should be browned and bursting.
8. Add bay leaves and fenugreek and bean cooking water water. Put lid on.
9. Combi mode @ 160 at least 20mins
10. Add ~100ml apple cider vinegar.
11. Taste and season if required.

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