

Fava Bean Crostini

Makes 6 generous or 18 individual appetizer servings

[PRINTER FRIENDLY VERSION](#)

Fresh fava beans are very popular on the spring menus of chefs all over the country, including Jean-George Vongerichten of New York's Vong, Jean-George and JoJo. Fava beans appear in soups, purees, salads, risottos and spring vegetable stews. Here Brandon Miller, Executive Chef of Monterey's popular Stokes Adobe Restaurant, turns them into a smooth, savory spread.

INGREDIENTS

2 pounds fresh fava beans

1 clove garlic, minced

1 tablespoon chopped fresh lemon thyme leaves

1/3 cup extra virgin olive oil

Salt and pepper to taste

18 slices French or Italian bread, brushed with olive oil and toasted

Shell the fava beans. You should have about 1 cup shelled beans. Cook beans in 1 quart boiling water until just tender, about 3 to 5 minutes depending on size of beans. Drain beans. Put hot beans into a bowl of ice water to cool. Drain. Peel outer skin of beans by loosening with tip of thumbnail or knife and slipping off.

Put shelled, peeled beans, garlic and thyme into bowl of food processor and puree while adding the olive oil in a steady stream. Puree until smooth. Taste and add salt and pepper as desired.

Spread fava bean puree on toast slices to serve.