

How To Store

Store fava bean pods in a plastic bag in the crisper section of the refrigerator. Although best used within a few days, they will keep up to a week. Store shelled, cooked and peeled fava beans in a plastic bag in the refrigerator for a day or two.

How To Prepare and Cook

Fava beans need to be shelled (removed from their pods). To open the pods just pull on the stem at the top to unzip the string down either side of the pod, then gently push the pod open between your thumb and forefingers. Pop the beans out.

Cook shelled beans in a large saucepan in plenty of boiling water until just tender, about 3 to 5 minutes depending on the size of the bean. Drain well and rinse with cold water to cool.

Using the tip of a knife or your thumbnail, slit the translucent skin covering the bean, peel off and discard.

Use the peeled cooked beans as appetizers, in salads or in recipes.