

Broad bean paste

Cuisine: **Middle-East**
Food category: **Vegetarian dishes**



Author: **Jaroslav Mikoška**

Company: **Retigo**



Program steps

Preheating: 90 °C

1

 Steaming

 Termination by time

 03:00 hh:mm

 80 °C

 50 %



Ingredients - number of portions - 8		
Name	Value	Unit
dried fava beans, skin on	1	kg
garlic cloves, finely chopped	3	pcs
extra virgin olive oil	100	ml
salt	1	g
chili powder	10	g
marjoram	1	g
sprig of parsley	1	g

Nutrition and allergens	
Allergens:	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, C, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	128.3 kJ
Carbohydrate	22.6 g
Fat	0.5 g
Protein	10 g
Water	0 g

Directions

1. Soak the beans for 8–10 hours, rinse well and place in a GN container. Submerge in water, leaving a good 5cm clearance over the beans.

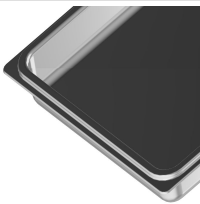
2. Set the oven on steam at 80°C.

3. Cook the beans for 2 to 3 hours until soft and tender, ensuring that they're constantly covered in water throughout the cooking process.

4. Once done, drain any excess water and blend adding fresh warm water, evoo, garlic, half the chili, salt and marjoram.

5. Correct the seasoning, add crushed chili and parsley to garnish.

Recommended accessories



GN container Stainless steel full