

FAVA SOUP

INGREDIENTS

2 cups yellow split peas (called Fava in Greek)
¼ cup extra-virgin olive oil
2 cloves garlic, chopped
1 small onion, chopped
1 large carrot, peeled and cubed
1 ½ teaspoons salt
½ teaspoon black pepper
1-2 bay leaves
10 cups water

COOKING AND ASSEMBLY

1. Wash and drain the split peas.
2. Combine onion, garlic, carrots and oil in a food processor. Pulse until everything is in very small pieces and well combined
3. Combine the peas, processor contents and all other ingredients in a large pot over high heat.
4. When the water begins to boil, lower the heat to medium or medium-high and cover the pot. Set the timer for 30 minutes, but watch periodically to see if you need to add water. Total cooking time will be around an hour.
5. Once the soup is ready, remove the bay leaves.
6. You can puree using an immersion blender, or enjoy the soup as it is, with just a little bit of texture.
7. Serve immediately. Top each bowl with fresh lemon juice and extra olive oil.
8. Other toppings: croutons, thinly sliced green onion, finely chopped red onion, carrot curls or shredded carrots.

NOTES: You may need more water to thin out the Fava as it cooks. Use your judgment.

Fava soup is also made with yellow split peas, just like the dip, and with only a handful of other ingredients. In about an hour, you can have a creamy and delicious soup for a cold night. Each spoonful of nutrition will warm your body, and the golden-orange colour can easily lift your spirits during damp, cloudy and rainy days of winter. My own mother, Demetra, never made the dip. In our house, Fava always meant a hot bowl of soup. The soup is perfectly delicious with only a drizzle of good olive oil and just a bit of fresh lemon juice to brighten it, but there are a few other favorite items that I sometimes top it with for greater variety and complexity: freshly toasted croutons, sliced green onions, finely chopped red onion and carrot curls.

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Despina is a cooking coach and writer. She has a happy habit of blogging recipes and food related ideas at www.AlphaGoodCookCooking.blogspot.com. Her current passion is researching and testing recipes for her book, "Greek Heritage Cooking Simplified," dedicated to keeping alive her family's recipes for her nieces. Born in Greece, Despina grew up in Sydney, Australia. She lives with her husband, Dewey, in a small town by a lake in the South of the United States of America. Her three stepchildren can't wait for the book to be published so they can recreate their favorites of the Greek food that they grew up with. Her favorite recipes are her mother's Yemista (stuffed roasted vegetables) and her Aunt Polly's Roasted Lamb Shoulder with Fresh Artichokes and Potatoes.

