

Broad bean paste

Cuisine: Middle-East
Food category: Vegetarian dishes



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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
cloves garlic, finely chopped	3	pcs
extra virgin olive oil	100	ml
salt	1	g
dried chili flakes	10	g
marjoram	1	g
sprig of parsley	1	g

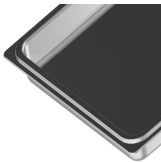
Nutrition and allergens

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	132.7 kJ
Carbohydrate	22.9 g
Fat	0.7 g
Protein	10.2 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