



THOUGHTFUL COOKING WITH TINA

Silky Fava Bean Purée Topped with Rich Mushroom Tomato Ragù

SERVES 4 • 1 HR 40 MIN

Silky fava bean purée under a rich mushroom and tomato ragù — a nourishing vegetarian main with one quietly brilliant umami secret.

INGREDIENTS

FAVA BEAN PURÉE

200 g dried fava beans, soaked for 8 hours or blanched in boiling water
6 shallots, halved
1 garlic clove, crushed
2 dried bay leaves
1 tbsp extra virgin olive oil
2 tbsp ghee
1½ tbsp apple cider vinegar
1 L mushroom stock (30 g dried mixed mushrooms + 1 L water)
Sea salt and black pepper, to taste

MUSHROOM TOMATO RAGÙ

100 g baby king oyster mushrooms
200 g chestnut mushrooms
2 tbsp extra virgin olive oil
5 pearl shallots, quartered
2 garlic cloves, chopped
Small bunch of thyme
250 ml mushroom stock
400 g canned whole tomatoes
1 tbsp orange zest
50 g chocolate (90% cacao)
2 tsp Worcestershire sauce
Sea salt and black pepper, to taste

Soaking the beans overnight reduces antinutrients (tannins, phytic acid) and improves digestibility. Quicker alternative: soak in boiling water for one hour before cooking.

ALLERGENS

Dairy (Ghee) · Gluten/Soya/Fish (Worcestershire Sauce)

METHOD

1. Start by preparing the fava bean purée. Heat the olive oil in a medium pot and sauté the shallots with the bay leaves until softened and lightly coloured. Add the crushed garlic and cook for another minute. Rinse the soaked fava beans, add them to the pot and pour in around 500 ml of the mushroom stock, or just enough to fully cover the beans (reserve 250 ml stock for the ragù). Simmer covered until the beans are completely soft, topping up with stock or water as needed; skim off any light foam. Once tender, remove the bay leaves, blend until smooth, then stir in the ghee, apple cider vinegar, salt and black pepper. Adjust the seasoning to taste.
2. For the mushroom ragù, slice the chestnut mushrooms and halve the baby king oysters. Warm one tablespoon of olive oil in a saucepan and sauté the quartered shallots until soft. Add the garlic and thyme and sauté for another minute. Add the mushrooms and cook for about five minutes until they wilt. Deglaze with the reserved 250 ml of mushroom stock, scraping the bottom of the pot. Add the canned tomatoes, gently crushing them with a wooden spoon. Cover and simmer for approximately one hour, removing the lid after the first 30 minutes to allow the ragù to reduce. When ready, remove the thyme stems and stir in the orange zest, dark chocolate and Worcestershire sauce until fully combined. Season to taste.
3. Spoon the fava bean purée into deep plates and top with the mushroom ragù. Finish with a drizzle of olive oil and a little fresh thyme if you like.

PER SERVING • estimated

~395 kcal • Protein ~13.0g • Fat ~23.0g • Carbs ~38g • Fibre ~6.5g