



Get to know: Broad Beans

Vicia faba is a plant of many names, most commonly known as broad bean, fava bean, faba bean, field bean, bell bean, tic bean, horse bean, or ful. Unlike green beans, where the immature pod is edible, the broad bean is covered in a thick indigestible peel that protects the sweet earthy peas. It is one of the most popular cold season vegetables and has for 6000 years been appreciated for its abilities as a cover crop, combined with a high salt tolerance – making it a farmers' favorite.

Nutrition

One cup (100g) of broad beans has 341 calories, 58.59 g of carbohydrates, 25 g of fibre, and 26.12g of protein. With 341 calories per 1-cup cooked serving, broad beans are not a vegetable to overindulge. However for vegetarians and vegans it provides 46% of one's daily protein intake and therefore remains a great staple in any diet. It also acts as a brilliant source of dietary fibre, which promotes intestinal wellbeing.



Facts

The broad bean features in many folklores and folk traditions, but has its most prominent role in Roman-French Christmas cuisine. The tradition exists in different variants, but the essence is that a single broad bean is placed in a cake and whoever gets the bean in their portion is obligated to buy the next year's cake or serve the guests drinks.

Health Benefits

As rich the broad beans are in calories, they are just as rich in phytonutrients such as isoflavone and plant-sterols – which are noted for their protection against breast cancer in laboratory animals. The legume also contains levo-dopa, a precursor of neurochemicals in the brain including dopamine, epinephrine and nor-epinephrine. Dopamine in the brain is associated with smooth functioning of body movements and is particularly helpful for Parkinson's disease. Folate, vitamin B-6, thiamin, riboflavin, niacin, iron, copper, manganese, calcium and magnesium are also found in reasonable amount and are good for the heart, bones and pregnancy.

Source: www.nutrition-and-you.com/fava-beans.html, en.wikipedia.org/wiki/Vicia_faba
image: food-first.co.uk

With Broad Beans you can try:

Fava Bean & Mint Polpette stuffed with Feta

Recipe by: Lee Jackson

Serves: 3-4

What You Need:

- 50 g fresh Fava beans (peeled) (see below)
- 1 clove of garlic (crushed into paste)
- 1 tablespoon fresh mint (chopped)
- 1 tablespoon fresh parsley (chopped)
- 1/2 tablespoon plain flour
- 1 teaspoon baking powder
- 1 cup of fine breadcrumbs
- 1 cup of flour
- 1 teaspoon of cumin
- 2 eggs
- Feta
- Vegetable oil
- Salt & Pepper

What To Do:

1. In a food processor, blend together all the polpette ingredients into a semi-smooth consistency. Not too creamy.
2. Take out a little of the mixture and roll it in your hands into a golf ball-sized ball (polpette). Press into the polpette with your index finger (not all the way through) and then put about 1/2 teaspoon of feta into the hole. Cover up the cheese, and roll the polpette back into its shape. Arrange on a plate while you do the same with the remaining mix.
3. Arrange three bowls, one with the flour, one with the beaten egg, and one with the breadcrumbs. Roll a polpette in the flour, then dip into the egg, then roll in the breadcrumbs and arrange on the plate again. Repeat with all the polpette. Leave in the fridge for 30 minutes to firm up and "set".
4. Heat about 3cm of oil in a large, deep frying pan. When hot but not smoking, drop in a few polpette to fry. Let them cook for 4-5 minutes, until golden brown. Drain on paper towels and repeat until all are cooked.

source: www.cookeatblog.com/fava-bean-mint-polpette-stuffed-with-feta/

More information

- Fava Bean Dip with Roasted Garlic and Yogurt: www.thekitchn.com/recipe-fava-bean-dip-with-roas-73569
- Spinach and Broad Bean Burgers (Veg): www.woolworths.co.za/store/recipe/_/A-cmp202468?n=4294954615+4294955552-me-day-braai-day

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