

SOUP

Sicilian Macco of fava beans



🕒 1h.

Tempo di preparazione

★ 1

Difficoltà: Facile

👥 4

Dosi

Ingredients:

- ☐ 400 g of **dried fava beans**
- ☐ **Wild fennel**
- ☐ 1 **carrot**
- ☐ 1 small **onion**
- ☐ 1 clove of **garlic**
- ☐ 1 **bay** leave
- ☐ **Extra virgin olive oil**
- ☐ **Salt and chili**
- ☐ **Water** or **vegetable broth**

Steps:

Sicilian macco of fava beans is a very popular soup dish. It's famous throughout the island with many versions. The name "macco" derives from the latin verb "maccare" that means "to crush": in fact, at the end of cooking fava beans will be completely mashed, creamy and this is the right texture of the very original Sicilian macco.

Step 1: | *Mark as completed* ☐

Soak the dried fava beans in cold water as it's shown in their package. Wash the wild fennel and chop it.



Step 2: | *Mark as completed* ☐

Dice the carrot and slice the onion and put them inside a large pot with the garlic, the bay leave and one spoon of olive oil.



Step 3: | *Mark as completed* ☐

Sauté for two minutes and add the dried fava beans. Mix them and put some water or broth until all the ingredients are covered.

**Step 4:** | *Mark as completed* ☐

Add the wild fennel, salt and chili, bring to a boil and let it cook for about 40 minutes or until the fava beans will not begin to unravel. If it's necessary add more water.



Step 5: | *Mark as completed* ☐

For a very homogeneous result, blend the soup but first don't forget to remove the garlic and the bay leave. If you add some water to the soup, you can also cook your pasta inside it.

