

# In Season Now : Fava Beans

Also known as the broad bean, the horse bean, or the field bean, favas need a little more work than other varieties.



After you've peeled the outer covering, which have a weird, spongy interior, you have to parboil the beans, and remove their waxy skin covering, to reveal a deep, dark, and satisfyingly meaty green bean.

I used them in a **spring vegetable fried rice** for dinner tonight, using a bit of sauteed bacon, leftover pork loin, parboiled english peas, and parboiled asparagus, and 2 beaten eggs, all with some brown rice.