



HEALTH SCORE

79%

Sautéed Favas and Morels with Onion Confit and Fresh Linguine



Very Healthy

READY IN



180 min.

SERVINGS



4

CALORIES



1536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup vermouth dry
- ☐ 6 pound unshelled fava beans
- ☐ 2 teaspoon kosher salt
- ☐ 1 pound pasta fresh
- ☐ 1 pound morel mushrooms cleaned
- ☐ 2.5 pound onions yellow spanish
- ☐ 4 servings parmesan cheese to taste

- ☐ 3 tablespoon parsley fresh italian chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 3 tablespoon butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ tongs
- ☐ cutting board

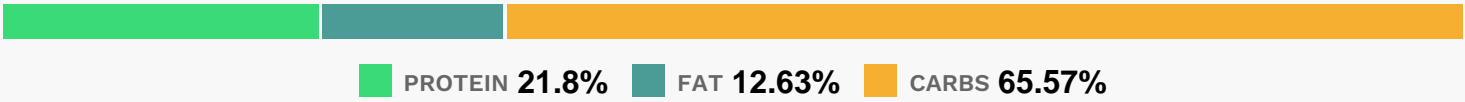
Directions

- ☐ Cut off the tops and bottoms of the onions and cut the onions lengthwise in half.
- ☐ Remove the peel and outer layers.
- ☐ Cut a V wedge in the bottom of each half to remove the core and pull out any solid flat pieces from the center.
- ☐ Lay an onion half, cut side down, on a cutting board with the root end toward you. There are lines on the outside of the onion; cut along these lines (the grain) rather than against them to help the onions soften more quickly. Holding the knife almost parallel to the board, slice the onion lengthwise into ¼-inch-thick slices, following the lines of the onion. Once you cut past the center of the onion, the knife angle will become awkward: Flip the onion onto its side (toward the knife), return the knife to the original position, and finish cutting the onion. Separate the slices of onion, trimming away any root sections that are still attached. Repeat with the remaining onions. (You should have about 8 cups of onions.) Warm ¼ cup of water in a large pot over low heat.
- ☐ Add the butter and whisk gently to melt it.
- ☐ Add the onions, salt, and bouquet garni, stir to combine, and place a parchment "lid" (a piece of parchment, cut to fit) on top, pressing it against the onions. Cook very slowly, stirring the onions every 20 to 30 minutes at first, more often toward the end of cooking, for about 2 hours. The onions will wilt and steam will rise, but they should not brown. Check the onions

after about 30 minutes: If they seem lost in the pot, transfer to a smaller pot and cut down the parchment lid to fit. If there is a lot of liquid remaining at this point, you can turn up the heat slightly to cook a bit more rapidly. After about 2 hours, the onions will have softened but should not be falling apart; there still may be liquid left in the pot.

- ☐ Remove and discard the bouquet garni. Allow the onions to cool in their liquid.
- ☐ Transfer the onions, with their liquid, to a plastic container and refrigerate for up to a week.
- ☐ Remove all the fava beans from their pods.
- ☐ Place the fava beans in a heat proof bowl.
- ☐ Pour enough boiling water over the beans to cover by about 1-inch.
- ☐ Let the beans sit undisturbed until the water has cooled enough so as to handle the beans. Start peeling the beans by using your thumbnail to nick a slit in the skin. Squeeze slightly, and the inner bean will pop right out. If possible start with the smaller beans working to the largest beans.
- ☐ Place the peeled favas in a bowl and set aside.
- ☐ Cut the morels in half lengthwise and set aside. In a large saute pan melt 3 tablespoons of butter. When the butter melts and begins to get foamy add the mushrooms and cook, stirring often about 5 minutes.
- ☐ Add a pinch of salt and some pepper. Cook an additional minute or two more until the pan nearly dry.
- ☐ Add the vermouth, deglazing the pan. Cook about 2 minutes then add the favas, stirring to combine. Turn off the heat, until ready to serve. Bring about 3 quarts of water to a boil in a large pot.
- ☐ Add a good heaping of salt and add the fresh pasta. Stir gently to keep it from sticking. Since it's fresh, it will cook in 3 or 4 minutes. Do not let it overcook! Fresh pastas with egg are often made with "soft" flour with less gluten than the "hard" durum wheat flour used in the best dried pasta. While the pasta cooks add about 2 cups of the onion confit to the fava and morel mixture. Reheat them together gently. Once the pasta is cooked use tongs to move it from the water to the fava, morel and onion pan. It's good to bring a bit of the water along. In fact you may even need to add a bit more of the pasta water to achieve a good consistency of sauce.
- ☐ Pour the contents of the pasta pan onto a serving platter and garnish with parsley and Parmesan.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:97.25, Inflammation Score:-10, Nutrition Score:64.058260668879%

Flavonoids

Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 14.2mg, Isorhamnetin: 14.2mg, Isorhamnetin: 14.2mg, Isorhamnetin: 14.2mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 57.56mg, Quercetin: 57.56mg, Quercetin: 57.56mg, Quercetin: 57.56mg

Nutrients (% of daily need)

Calories: 1535.65kcal (76.78%), Fat: 21.65g (33.31%), Saturated Fat: 11.28g (70.48%), Carbohydrates: 252.92g (84.31%), Net Carbohydrates: 204.45g (74.35%), Sugar: 28.38g (31.54%), Cholesterol: 42.97mg (14.32%), Sodium: 1915.94mg (83.3%), Alcohol: 2.85g (100%), Alcohol %: 0.28% (100%), Protein: 84.08g (168.15%), Manganese: 4.95mg (247.52%), Folate: 799.06µg (199.77%), Fiber: 48.46g (193.85%), Phosphorus: 1579.47mg (157.95%), Iron: 26.53mg (147.4%), Copper: 2.93mg (146.3%), Selenium: 100.13µg (143.04%), Magnesium: 417.51mg (104.38%), Potassium: 3003.31mg (85.81%), Zinc: 12.12mg (80.83%), Calcium: 745.42mg (74.54%), Vitamin K: 71.42µg (68.02%), Vitamin B1: 0.99mg (65.7%), Vitamin B2: 1.09mg (64.04%), Vitamin B6: 1.18mg (58.78%), Vitamin B3: 9.77mg (48.86%), Vitamin D: 6.09µg (40.61%), Vitamin C: 27.01mg (32.74%), Vitamin B5: 2.56mg (25.64%), Vitamin A: 857.14IU (17.14%), Vitamin B12: 0.38µg (6.3%), Vitamin E: 0.65mg (4.33%)