

North Norfolk's Premier Lifestyle Magazine

NORFOLK

ON MY MIND...

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CELEBRITY CHEF

CHRIS
COUBROUGH

BRINGS YOU HIS LATEST RECIPE

THE HUNTER-
GATHERER DIET

WHAT CAN WE LEARN FROM OUR ANCIENT
ANCESTORS?

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BELTON DUFFEY'S HOME SELECTION

Beantastic!!

WRITTEN BY CHRIS COUBROUGH

Summer is here - we've had the heat wave, we've had the rain, now we have the combines!

Harvest is in full swing and everywhere I go I seem to see nothing but fields growing beans of one description or another. So I have decided to dedicate this month's recipe to the Broad Bean also known as the Horse Bean, Faba Bean or Fava Bean if you are from the US.

But first here are some things that you probably didn't know about our little star!

Perfect beans should be **firm** and **crisp**, steer clear of any that feel soft

This humble bean loved by some, hated by many, was the only bean known in Europe until the discovery of the New World. It is known to date back to 6,500 BC., has been used in Chinese cooking for the last 5,000 years and the Egyptians believed that when a person died his soul temporarily resided in

a broad bean prior to passing into the next life.

Often used as a natural alternative to drugs like Viagra, it's no wonder you see so many growing in allotments - and it has nothing to do with them being easy to grow! So with this in mind I thought it only fair to find another way to serve up these little hidden treasures!

One final word, don't forget your perfect beans should be firm and crisp, steer clear of any that feel soft.



BROAD BEAN & HOT YOGHURT SOUP

RECIPE



Ingredients

Serves 4

- 1 ltr vegetable or chicken stock
- 450g shelled broad beans (fresh or frozen)
- 50g long-grain rice
- 400g Greek yoghurt
- 2 garlic cloves, crushed
- 2 Bantam eggs or 1 large egg (I have Bantams)
- 2 tbsp roughly chopped dill
- 1 lemon-juice and zest
- Seasoning S&P

METHOD

Simmer the beans for 1 minute. Refresh the beans in ice cold water. Remove the skins.

Bring the stock to the boil and add the rice, boil for 30 minutes. Now add half the broad beans. Boil for a further 10 minutes.

Blend till smooth with a stick blender.

Whisk yoghurt, garlic and egg together.

Slowly add the hot bean and stock mixture to the yoghurt mix.

Re heat the soup but you must stir continuously and do not boil or it will split.

Taste and then season with the salt and pepper. Serve in bowls and garnish with a little more yoghurt, lemon zest, chopped dill, and the olive oil.