Main dishes / Spain

Fabada asturiana



Large white fabes beans stewed with chorizo, morcilla and cured pork.

Time 200 min **Servings** 6

What you'll need.

- ☐ 600 g Fabes beans — soaked overnight
- ☐ 250 g Chorizo
- ☐ 200 g Morcilla
- ☐ 200 g Cured pork belly
- ☐ 1 piece Ham bone
- ☐ 1 piece Onion
- ☐ 4 clove Garlic
- ☐ 1 pinch Saffron
- ☐ 1 tsp Sweet paprika
- ☐ 50 ml Olive oil
- ☐ Salt — to taste

Let's make it.

01 Soak the beans twelve hours in cold water and drain them.

02 Put the beans, cured meats, onion, garlic and olive oil in a pot and cover with cold water by three fingers.

03 Bring it up, skim, and drop the heat until the surface barely trembles.

04 Cook two and a half hours, adding half a cup of cold water every thirty minutes.

05 Lift out the onion and garlic, crush them with the saffron and paprika and return them to the pot.

06 Salt it at the very end and let it stand half an hour before serving.

07 Lift out the meats, slice them and serve them on a separate platter, with the beans in a tureen.

Recipe & provenance UniTools / UniTools — theunitools.com / CC BY-SA 4.0.

Original recipe and attribution CC BY-SA 4.0

Photo: Juan J. Martínez from Valencia, España / CC BY-SA 2.0 / UniTools. Cropped to fit this page.

recipes.dvs-services.be / fabada-asturiana