



PUREE OF YELLOW SPLIT PEAS

(Fava)

Don't be confused by the name— fava to the Greeks means a creamy puree of yellow split peas and does not refer to what Americans think of as fava beans. This dish is exquisitely simple. Topped with good red wine vinegar and raw onions, it is one of the best, and healthiest, Greek dishes.

1/2 cup Krinos Extra Virgin Olive Oil
1 large red onion, minced
1/2 pound yellow split peas, rinsed
Water
1 bay leaf
2-3 tablespoons Krinos Red Wine Vinegar
1/2 cup chopped fresh scallions

Heat 1/4 cup olive oil in a stewing pot and sauté the onions until wilted. Add the yellow split peas and toss to coat. Sauté them for 1-2 minutes, stirring. Pour in enough water to cover the split peas by 2 inches. Season with salt and add the bay leaf.

Bring to a boil, reduce heat, cover, and simmer slowly for 1 to 1 1/2 hours, until the split peas are completely disintegrated. Add more water during cooking if necessary to keep the mixture from sticking. Remove bay leaf. Remove from heat, place a cloth over the mixture, and let stand for at least 30 minutes, until set. The fava should have the consistency of mashed potatoes. Stir in the remaining olive oil and vinegar. Place in a bowl and top with chopped scallions. Serve immediately.

Yield: 4-6 servings