

## Crema de Faves

(Cold Cream of Fava Soup)

SERVES 6-8

THIS SOUP, served at the elegant Eldorado Petit in Barcelona (now closed), is in effect a fava vichyssoise—though it may also be served hot. This recipe is based on one that appears in *Catalan Cuisine* by *SAVEUR* editor-in-chief Colman Andrews (Harvard Common Press, 1999).

1 lb. shelled fresh young favas (about 3 1/2 cups) from about 4 1/2 lbs.  
unshelled favas  
2 tbsp. butter  
4 tbsp. olive oil  
2 medium yellow onions, peeled and chopped  
1 russet potato, peeled and thinly sliced  
6 cups chicken stock, hot  
1 cup heavy cream  
Salt and freshly ground white pepper

**1.** Put favas and 4 cups cold water into a pot, bring to a boil, then simmer over medium heat until tender, 15–20 minutes. Drain favas and set aside.

**2.** Melt butter in 1 tbsp. of the oil in a heavy medium pot over medium heat. Add onions and cook until soft. Add potatoes, cooked favas, and remaining oil and stir well. Reduce heat to medium-low and cook for 5 minutes. Gradually add hot stock to pot, gently stirring as you do. Cook until potatoes are about to disintegrate, 45–50 minutes. Purée vegetables and stock together in a blender until smooth.

**3.** Transfer soup to a large bowl, cover, and refrigerate until cold. Whisk in cream and season to taste with salt and pepper. Serve soup garnished with a drizzle of heavy cream, if you like.