

## 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 ½ cups)  
from about 4 ½ 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.