



RECIPE OF THE WEEK: 10/06/2020

**FAFOLADA
(HARICOT BEAN SOUP)**

Tomatoes, olive oil and dried beans - the proud harvest of many a country family in Greece and Cyprus. Some people consider fafolada to be the Greek national dish; it is certainly a staple diet in many homes and it is economical and healthy.

Ingredients

Serves 4

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500g dried haricot beans
2ltrs water
2 medium onions, peeled and finely chopped
3 carrots, peeled and finely chopped
2 sticks of celery with their celery tops, finely chopped
2-3 garlic cloves, peeled and finely sliced (optional)
2 ripe tomatoes, roughly chopped or 1x400g canned chopped tomatoes
2tbsp tomato puree
2 bay leaves
6tbsp extra virgin olive oil
sea salt and freshly ground black pepper
juice ½ lemon
To garnish a handful of fresh flat-leaf parsley, roughly chopped

Method

1. In a bowl soak the beans with cold water over night.
2. Rinse them well and place them in a large saucepan with enough water to cover and boil for 10 minutes. Drain them and just cover again with hot water. Bring them to the boil once more and skim any foam from the surface with a spoon.
3. Add all the remaining ingredients except the lemon juice and simmer for around 1 ½ hours or until tender. Add more water if needed during cooking to make sure that all the ingredients are just covered. Squeeze the lemon juice over the beans 5 minutes before removing from the heat.
4. Pour into soup bowls, garnish with the chopped parsley and serve with crusty bread or koulouria (sesame seed bread rings), olives or salted anchovies.