

Big broad beans of Sanabria style



Provincia

Zamora

Ingredients

- 200 g of broad beans.
- 1/2 onion.
- 4 cloves of garlic.
- 2 bay leaves.
- Bacon.
- Chorizo (tender).
- Ham.
- Pig's ear.

For the fried sauce:

- 1 spoonful of paprika.
- 4 tablespoons of olive oil.
- 2 cloves of garlic, laminated.

Preparation method

Put the broad beans to soak for 48 hours, changing the water every 12 hours approximately.

After this time, put all ingredients in a saucepan on a low heat.

When it starts to boil, add a little cold water so as to avoid the separation of the skins of the broad beans. Repeat this process two more times.

Once it begins to boil, let it for about two hours, skimming occasionally.

When the broad beans are cooked, remove the half onion, the garlic cloves and the bay leaves.

Remove the entire accompaniment and cut it. We can cut it into small pieces and add back to the pot to eat all together; or we can save it and serve separately.

Once the meat is chopped, put in a frying pan olive oil with sliced garlic and when they start to brown, remove from the heat and put in it the paprika. Stir and add to the saucepan the broad beans and cook them for about 10 minutes.

Let stand one hour if possible, so that the dish take all flavors.

After this time, serve on a soup dish.