

Toward the end of the harvest, fava beans get bigger and starchier, a marked difference from the tiny jewels harvested at the beginning of the season. What to do with these yellowing beans? We wanted to take advantage of their higher starch and longer development, so we cut them to resemble rice kernels, then gently stew them in a broth made from overcooking the rice to extract the creamy, thickening starch. A bit of ricotta stirred in at the last moment makes perfect sense.

FAVA BEAN RISOTTO

SERVES 8 to 10

| Porcini Confit |

- 900 grams (2 pounds) fresh porcini mushrooms
- 1.8 kilograms grams (4 pounds) butter
- 8 to 10 sprigs thyme
- 3 cloves garlic
- Kosher salt

Preheat the oven 285°F (140°C).

Clean the porcini, cut into 1- to 2-inch pieces, maintaining the natural shapes of the mushrooms, and put in a baking pan. Melt the butter, add the thyme and garlic, season with salt to taste, and pour the butter mixture over the mushrooms. Place a sheet of parchment paper on top of the butter, cover the pan with aluminum foil, and bake for 2 hours. Cool the entire pan and hold the porcini in the fat. The flavors will intensify over time, and they will be preserved under the fat cap.

| Rice Water |

- 1.2 kilograms (5 cups) water
- 210 grams (1 cup) Carnaroli rice

Bring the rice and water to a simmer over medium heat. Reduce the heat and simmer, uncovered, for 55 minutes, stirring occasionally to prevent the rice from sticking to the bottom of the pan. Remove the pan from the heat for 5 minutes, and then strain the liquid into a large bowl. Extract as much of the rice water as possible without pressing down on the rice, then discard the rice.

| Fava Beans |

- 2.25 kilograms (5 pounds) fava beans, in the shell

Shuck the fava beans from both the outer and inner shells, blanch in salted water until tender and vibrant green, and shock in ice water. Drain well and pulse in a food processor to form a chunky paste. Reserve in the refrigerator.

| Baby Leeks |

- 6 to 8 baby leeks

Clean the leeks and cut them lengthwise into thin ribbons approximately 6 inches long. Blanch them quickly in salted water until they are pliable yet maintain a crunchy texture. Shock in ice water, drain, and reserve.

| Fresh Ricotta |

- 920 grams (4 cups) whole milk
- 120 grams (1/2 cup) cultured buttermilk
- 18 drops vegetable rennet

Combine the milk, cream, buttermilk, and rennet in a sauce pot, stir lightly, then cook over medium-low heat without stirring for 20 to 30 minutes, until a full curd has formed and separated from the clear whey, and the whey reaches 180°F (82°C). Remove the pan from the heat and let stand at room temperature for 30 minutes.

Separate the curds and whey by draining the curds in a basket lined with cheesecloth set over a bowl. Fold the cheesecloth over the curds and drain overnight, or weigh down the covered curds to speed the process. Reserve the curds and the whey separately.

Fava Bean
Risotto

CONTINUED

SPECIAL
EQUIPMENT

SAVORY OIL:
Pacojet

TO SERVE:
Handheld frother
or immersion
blender

| Whey Foam |

235 grams (1 cup) whey
2.5 grams (1 teaspoon) soy lecithin
powder
14 grams (1 tablespoon) cold butter, cut
into 1-inch cubes
Kosher salt
Freshly squeezed lemon juice

Warm the whey to about 120°F
(49°C), remove from the heat,
sprinkle in the lecithin, and set aside
for 5 minutes. Blend on high speed,
adding the butter while blending
to emulsify the mixture. Season
to taste with salt and lemon juice,
strain, and reserve for service in a
double boiler.

> To Serve

Extra-virgin olive oil
Kosher salt
Grated lemon zest
Fava leaves
1 fresh porcini mushroom, thinly shaved

Drain enough Porcini Confit to allow 5 pieces per serving.

Sauté the blanched Fava Beans lightly in a small pan with a little olive oil, add 2 tablespoons of the Rice Water, and mix well. Continue adding Rice Water as needed to create a consistency similar to risotto. Season with salt and lemon zest. Gently stir in 2 tablespoon of Fresh Ricotta curds, being careful not break up the cheese.

Meanwhile, in a sauté pan, sear the Porcini Confit over medium-high heat until caramelized and remove from the pan. In the same pan, sauté the blanched Baby Leeks and fava leaves for a few seconds until lightly wilted.

Spoon the fava risotto onto the center of each plate, surround it with the Porcini Confit, mound the sautéed leeks on top like noodles, and garnish with fava leaves and shaved porcini. Froth the Whey Foam with a handheld frother or immersion blender, spoon it around each plate, and finish with a drizzle of Savory Oil.

| Savory Oil |

200 grams (1 cup) grapeseed oil
200 grams (1 cup) extra-virgin olive oil
200 grams (4 bunches) blanched
summer savory leaves, wrung out dry

Combine the oils and the savory in
a Pacojet container and freeze until
solid. Pacotize 3 times, then melt the
mixture in a warm place and allow
it to settle. Decant the flavored oil,
leaving the solids behind. If you do
not have a Pacojet machine, blend
the mixture on high speed, allow
to settle completely, then decant.
For either method, strain through
a coffee filter, and reserve in the
refrigerator.