



“Verdina” Beans with Prawns and Morado Garlic.



DIFFICULTY
MEDIUM



TYPE OF CUISINE
MEDITERRANEAN



Nº OF DINERS
2



TYPE OF DISH
STARTER



PREPARATION TIME
90 MINUTES



GARLIC VARIETY
MORADO

Ingredients

- 1 head of Morado Garlic
- 200 gr of Verdina Beans*
- 6 White Prawns
- 1 Carrot
- 1 Leek
- 5 gr of Salmon Roe
- Fresh Chive
- Extra Virgin Olive Oil
- Salt

*Verdina beans are a type of Green Bean found in Asturias (Spain); you may substitute them for regular green beans.

Step by Step

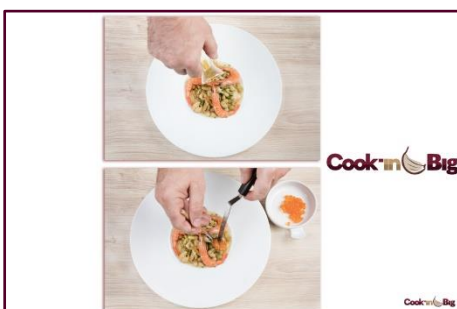


1. Hydrate the Beans the day before using them by placing them in a bowl with water for 24 hours.
2. Cut the head of Morado Garlic in half transversally.
3. Peel the Carrot and wash the Leek. Cut both in half.
4. Place a pot on medium-high heat and add a dab of Oil, the head of Garlic, the Leek, the carrot, and the drained Beans. Add also a pinch of salt and sauté for a few minutes. Then cover with Water.
5. Cook for 1,5 hours, until the Beans are soft. At that time, add the Prawns and remove from the heat.



DISH PRESENTATION:

6. Set aside some of the broth, the Carrot, the Leek and some Beans to puree with a blender until you obtain a smooth velvety cream.
7. Peel and laminate 1 or 2 Garlic cloves.
8. Put some of the cream in soup plates. Then, on top, place some Beans and 3 Prawns per diner.
9. Add some Garlic clove slices and some Salmon Roe on top of them.
10. Top the dish off with some sprinkled chive.



TIPS FROM THE CHEF Miguel Ángel Mateos:

- As water evaporates while we cook the beans, we may add some cold water to interrupt the boil so that the Beans turn out even more tender at the end.
- When we sauté the Garlic with the Leek and the Carrot we may also add 2 or 3 Prawns and let them cook with the rest of the ingredients. This will add more flavor to the dish, although the Prawns will lose their texture and we will have to substitute them later.