



Total Locals Club

Recipes for pairing with Total Locals
Club July 2014 Selections

www.tastelocalwines.com
707. 857.4900

Avocado, Fava Bean and Quinoa Salad

Pair with 2012 Praxis Lagrein

~adapted from Plenty by Ottolenghi~ Serves: 6

Ingredients

- 1 cup quinoa, rinsed
- 2-3 cups fresh fava beans (4 lbs fresh favas)
- 3 lemons
- 2 garlic cloves, pressed
- 1/3 cup olive oil
- 1 tablespoon cumin powder, (preferably from 3 tablespoons cumin seeds)
- 1/4 teaspoon chili flakes
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 bunch radishes, quartered
- 2 ripe avocados, large cubes
- 2 ounces of micro greens (1 package)

Rinse the quinoa in a strainer under running water to remove the bitter outer coating.

Transfer the quinoa to a dry pan on medium heat. Toast the quinoa until the water evaporates, stirring constantly. When the quinoa is dry again, add two cups water and bring to a boil.

Cover and reduce the heat to a simmer. Test at 10 minutes to see if it is done. Fluff with a fork and set aside.

Prepare the fava beans-Remove all the beans from their little soft pillow like beds and transfer them to a pot of boiling water. (all at once) Boil for 3-4 minutes depending on how big the beans are. Remove to a colander and run

cold water over them until they are cool enough to touch. Then prick the skin with your nail and remove the bright green bean.

Toast the cumin seeds for about 4 minutes in a dry pan, then transfer to a spice grinder and grind to a powder.

Juice half a lemon and set that juice aside in a bowl. Pit the avocado and take a spoon to remove the avocado from the skin, keeping in it tact. Cut each side in half down the center, then cut into thick chunks. Place all the slices in the bowl with the lemon juice and make sure they are well coated. I find it easiest to use my hands.

Juice the remaining two lemons into a measuring cup or small bowl. Save the extra half, I used it but you'll want to taste first. Add the olive oil, chili flakes and cumin powder. Then the salt and pepper. You can add more or less salt depending on taste. Whisk well and taste. I thought mine needed more acid, so I added the juice of the last half of lemon.

Remove the quinoa to a large bowl and stir half of the dressing on to it. The key is to dress the quinoa while it is warm, it will absorb a lot of the flavor.

Quarter the radishes. Once the quinoa is pretty cool- about 10 minutes- add the avocado, fava beans and radishes, and all but 1/4 cup of the micro greens.

Pour the rest of the dressing on top, and mix carefully. You don't want to break the avocados. Garnish with the remaining micro greens and a dusting of fleur de sel.

