



The Edible Garden

Recipe of the week: Get Out and Grill Weekend, June 19-20

Sweet Corn, Fava Bean, and Fennel Salad

By: Daisy Martinez, host of Food Network's *Viva Daisy!*
and author of *Daisy: Morning, Noon and Night!*

Makes 12 servings

Ingredients

10 ears corn, shucked and all silk removed
1 ½ pound fava beans, shelled, blanched, and peeled (about 1 ½ cups; see Note)
Half a large bulb fennel, outer layer peeled, core removed and cut into ¼-inch dice (about ½ cup), plus 2 Tbsp. of chopped fresh fennel fronds
¼ cup extra-virgin olive oil
Kosher or fine sea salt and freshly ground pepper

Instructions

- Bring a large pot of salted water to a boil. Add the corn and cook until tender-firm, about 5 minutes. Drain and let stand until cool enough to handle. Slice the kernels off the cobs (You will have about 7 cups of kernels.)
- Toss the corn, fava, fennel, fennel fronds, and olive oil together until the vegetables are coated with oil. Season with salt and pepper to taste. Serve right away or let stand at room temperature for up to 1 hour.

Variation: If there are no favas in the market, fresh peas, blanched very quickly in boiling salted water, make a fine substitute. So do freshly cooked and shelled or frozen edamames that have been defrosted.

Note: To prepare favas, first remove the beans from the pods. Snap off the stem end of the pod and pull off the string that runs along the seam down the length of the pod. That should make it easy to open the pod with your fingers. (If not, use a paring knife to help open the pod.) Remove the beans. The skin of the beans, which can be very thin or quite thick, depending on the favas, must be removed before the favas can be eaten. This is much easier to do if you blanch them first: Drop them into a large pot of boiling water and cook until the skins turn bright green, 2 to 3 minutes. Drain the beans and run them under cool water, and drain again. Use the tip of your

thumbnail to flick open the dark spot in the skin at one end of the bean then just squeeze out the bean.