



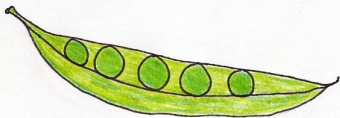
Spring Vegetable Ragout



- 1 pound peas in their pods
- 3 pounds fava beans in their pods
- 3 tablespoons olive oil
- 3 spring onions, cleaned and chopped
- 6 baby carrots, cleaned and chopped

- 1 tablespoon thyme, chopped
- 1 tablespoon mint leaves, chopped
- 1 tablespoon parsley, chopped
- 1 cup water
- salt and pepper

Shell the peas and fava beans.* In a large skillet, heat the olive oil over medium heat. Add the onion, carrots, fava beans, thyme, mint and parsley, and sauté for about 5 minutes. Add the water and the peas, bring to a simmer and cook for 2 to 3 minutes more. Season with salt and pepper to taste. And don't forget, five peas in a pod is good luck!



* Shelling fava beans:

In a medium sized saucepan, bring one quart of water to a boil. Take the fava beans out of their pods, drop them into boiling water and cook for one minute. Drain the beans and put them into a bowl of icy water, (2 cups). When they are cool, slip the beans out of their outer skins