

Rumwell

Farm Shop



RECIPE

Creamed Broad Beans and Bacon

Ingredients

500g (1 lb) Shelled broad beans
3 Rashers of streaky bacon
2 tbsp Plain flour
15g (½ lb) butter
75ml (2 ½ fluid oz) Double Cream
Salt & Pepper
Chopped Parsley to garnish

Method

Put the shelled beans in a pan of lightly salted boiling water. Cover with a lid and cook for 15 minutes or until tender.

Meanwhile, remove the rind and gristle from the bacon, chop the rashers into small pieces and fry until crisp. Stir the flour into the bacon in the pan and cook for a few minutes. Then add the butter and gradually stir in a part of the bean liquid. Stir continuously until the sauce is smooth and has the required consistency. Season to taste.

Drain the beans thoroughly then fold into the sauce and heat through. Remove the pan from the heat and stir in the cream.

To serve, spoon at once into a serving dish and sprinkle with the chopped parsley.

Variation – you might also like to try cooking the beans and making a parsley sauce (stir in a good pat of butter) and then dressing the cooked hot beans with the sauce.