



Fava Bean Gazpacho with Rose Harissa Olive Oil and Sumac

Cool off on a summer day with this delicious unusual gazpacho that is quick to prepare. Make sure you shell the fava beans, then blanch them, to remove the bean skin too. This creates a more vibrant green colour and smoother consistency.

For more heat, feel free to substitute our Tunisian Harissa instead of Rose Harissa, but keep in mind that the Tunisian contains sea salt so reduce the amount in the recipe here.

Ingredients:

3 cups shelled fava beans. Blanched for 3 minutes, washed in cold water, skin peeled, and washed again.

¾ small pita, torn and soaked in cold water for 15 minutes

¼ cup olive oil

1 TBL sherry or apple cider vinegar

1 tsp salt

½ tsp white sugar

Cold water

To Finish:

4 TBL olive oil

2 tsp **Rose Harissa**

Sprinkle of **Sumac**

Toasted pita chips

Instructions:

1 - In a food processor, add cold peeled fava beans, soaked pita, olive oil, vinegar, salt, sugar, and a little bit of ice water. Process until smooth.

2 - Add more cold water until you get desired consistency (shouldn't be too thick or thin). Adjust salt if needed and refrigerate for a couple of hours.

3 - Mix olive oil and rose harissa in a small oil and set aside until service.

4 - Serve gazpacho and garnish with rose harissa oil, sumac and toasted pita chips.

Spices Used: Rose Harissa Sumac Tunisian Harissa

4 (1-cup) Servings

Prep Time: 30 min

Cook Time: 10 min