



Spanish Beans with Black Pudding and Chorizo (Fabada)

Serves two

Utensils

large / mixing bowl
scales
colander
2 chopping boards and knives
measuring jug
1 frying pan
saucepan with lid-preferably heavy based



Ingredients

150g dried beans such as cannellini,
butter or fava beans
olive oil
70g bacon (about 2 rashers)
70g morcilla or black pudding
70g chorizo
½ onion
1-2 cloves garlic
sprig of thyme
a little flat leafed parsley
1 teaspoon tomato puree
¼ tablespoon smoked paprika



The night before:

Measure out the beans, add approximately three times the volume of water and leave to soak overnight. (If you forget to do this, rinse then simmer the beans for about forty five minutes in plenty of water before you cook with them).



1. On one board roughly chop the onion and crush or finely chop the garlic.



2. On the other board cut the bacon into pieces.



3. Heat a tablespoon of olive oil in the frying pan and fry the onion over a medium heat for about ten to fifteen minutes until soft.



4. Add the smoked paprika and garlic to the onion, cook for a moment then add the beans drained of the water they have been soaking (or cooking) in, and let these cook for about five minutes.



5. In the saucepan fry the bacon (without oil) over a medium to high heat for a few minutes.



6. Now add the bean and onion mixture to the bacon in the saucepan along with the tomato puree, bay leaf and thyme. Put in enough water so that the level is about two inches above the beans (usually about 800ml-1litre.) Bring to the boil over a high heat then simmer gently for about two hours (or until the beans are tender) with the lid on.



7. Keep an eye on the liquid so the beans do not boil dry and add more water if necessary. After a good hour to a hour and a half you can mash up the beans a little with a fork.



8. On a clean board, remove the skin from the chorizo and the black pudding (if you wish) and cut into slices, finely chop the parsley and add these to the beans when they are almost ready. Simmer for another five to ten minutes so the meat is cooked through and whilst there is still a little surplus liquid left to amalgamate these in with the beans.

