BASCO
GOURMET SPAIN TO YOUR DOOR

Fabada Asturiana



PREP TIME
5 MINS

COOK TIME
3 HOURS

TOTAL TIME
3 HOURS 5 MINS

SERVES 6 PEOPLE

EASY

Ingredients

500g fabes beans
2 pieces of Asturian smoked chorizo
2 pieces of Asturian smoked morcilla
2 pieces of Asturian smoked pancetta
1 large pinch of saffron
Salt to taste

Method

Start by soaking the fabes in cold water for 12 hours.

In a large pan or casserole dish, place the fabes and just cover with cold water. Bring to the boil and skim any impurities from the surface. Add the chorizo, morcilla and pancetta pieces and cook on a very low heat for 1.5 and 3 hours, depending on the quality and age of the fabes.

After 30 minutes of cooking, add the saffron threads mixed with some of the hot liquid from the fabada. Make sure you don't stir the fabada with a spoon, this will break the fabes, instead shake the pan clockwise to move the beans gently.

You will need to 'scare' the fabes two times during cooking by adding 150ml of cold water. The cold water reduces the temperature of the fabada and prevents the fabes skin from breaking.

https://www.bascofinefoods.com/spanish-recipes/fabada-asturiana/