

# Recipes from our pub kitchen

by Amanda Pritchett

## Fabada - butter beans with pork and chorizo

This dish is really great for cold weather and if you have plenty of time. It is typical of stews found in the mountainous regions of Spain. The character of this stew is – Large creamy white beans slowly cooked in a good stock with saffron and smoked paprika and served with pieces of pork that have been cooked in the stock. It is much loved, and is best eaten at lunchtime. In fact, one of the Spanish recipes I read online starts with - “I am going to do my best in the kitchen cooking an Asturian Fabada, as God intended, with a siesta and everything”. The types of pork can be varied, but you will need at least one type of salty fatty sausage.

### Ingredients (Serves 4 - 6)

500g Dried butter beans or Judion beans - Soaked for 24 hours in 2 litres water (Judion beans available from Las Delicias)

Pancetta, smoked bacon or pork belly 300g in 1 or 2 thick slices (if you are using pork belly, season well with salt the day before)

Cooking Chorizos approx. 180g

Black pudding - preferably Spanish morcilla 180g (Las Delicias sell a very good, strong, smoky and fatty Asturian black pudding)

1.5 litres chicken stock

1 onion chopped

A large pinch of saffron

1 tsp smoked paprika

2 garlic cloves

2 bay leaves

A little salt and black pepper

### Method

Soak the beans overnight in 3 litres of water. Drain and rinse the beans and put in a large casserole dish, and add a litre of stock.

Bring it gently to a simmer and skim as necessary, then add the onion and the finely chopped garlic, the pork belly/pancetta, chorizos, black pudding/morcilla, saffron, bay leaves and paprika.

Cook slowly, barely simmering for about 2 hours, until just tender, removing the chorizo and morcilla to a chopping board after 30 mins. When cool enough to handle, cut the sausage into chunks. When the beans are tender, remove the pork belly and cut into chunks. Add a little more stock if necessary – it should be soupy, check the seasoning, gently heat through with the meat on top and serve in bowls with warm crusty bread.