

Heavenly Pappardelle with Wild Salmon, Fava Leaf Pesto , Fava Beans and Shiitake Mushrooms.

This is a dish where you can substitute basil pesto for the fava leaf pesto. Some roasted pine nuts would be a great addition. Instead of fava beans you can use a cup of edamame beans or peas.

Ingredients

10 ounces pappardelle pasta
1/2 -1 lb salmon
1 lb. fava beans (about 1 cup shelled)
1 1/2 cup sliced shiitake mushrooms
1 TBS butter
1 TBS olive oil
1/2 cup pesto
1/2 grated Parmesan cheese
1/4 + pasta water
garlic salt
Juice of 1/2 lemon

Directions

Heat a large pot of water for the beans and the pasta. Preheat the oven at 375 degrees. Shell the fava beans, put them in the boiling water for about a minute. Rinse under cold water, cool and pop the skin of the beans. Add 1 tsp. salt to the pasta water.

Put the salmon in a pan , dot with a tablespoon of butter and sprinkle lightly with garlic salt. Sprinkle with the juice of 1/2 lemon. Bake for about 12- 14 minutes (depending on the thickness of the salmon) in the preheated oven. I still want a little pinkness in the center of the salmon. Tear or cut into pieces discarding the skin.

While the salmon is cooking heat the salted pasta water to a rolling boil. Add the pasta and cook for 2-3 minutes. Drain the pasta in a sieve preserving some of the water.

In a large frying pan heat the olive oil and sauté the mushrooms for a couple of minutes, adding some salt. Add the fava beans and pasta. Mix with the pesto and pasta water, making sure the noodles are well coated.

Serve the pasta on warmed dinner plates, sprinkled with parmesan cheese and top with chunks of salmon.

Fava Bean Leaf Pesto

Ingredients

4 cups fava leaves stems removed and coarsely chopped
1 garlic clove peeled and chopped
1/2 cup pine nuts , roasted

1/2cup grated parmesan cheese
1/2 to 3/4 cup olive oil
1-2 TBs. lemon juice
Salt and pepper to taste

Directions

Chop the garlic in a food processor until finely minced. Add the fava leaves, pine nuts , lemon juice, and a generous pinch of salt. While the food processor is running , drizzle in olive oil until the mixture is smooth and uniform. Scrap down the sides if necessary . Season with salt and pepper.

Guten Appetit!

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