

Fava Bean and Arugula Salad with Shaved Pecorino

- 2 cups shelled fresh fava beans (2 1/2 lb in pods)
- 4 Tablespoons extra-virgin olive oil
- 2 Tablespoons lemon juice
- 1/4 lb arugula, washed, coarse stems discarded
- 1 (1/2-lb) piece Pecorino Romano or Parmigiano-Reggiano

Bring 6 quarts of heavily salted water to a boil and prepare a large bowl filled with ice and water. Blanch shelled fava beans 1 minute in boiling water, then immediately transfer with slotted spoon to ice water to stop cooking. Drain fava beans and gently peel tough outer skins from beans.

Toss beans in a bowl with 1 Tablespoon oil and salt and pepper to taste, set aside. Toss arugula with remaining tablespoon oil, lemon juice and salt and pepper to taste, then divide among 4 plates. Top with fava beans. Shave thin slices of cheese over salad with a vegetable peeler and serve.

Note:

- Fava beans can be blanched and peeled 1 day ahead and chilled in a sealed plastic bag.
- Be aware that fava beans can cause a potentially fatal food allergy in people who are allergic to peanuts, soy beans and peanut or soy products.

Makes 4 first-course servings.