



## **Amanida de Faves a la Menta** (Fava or Lima Bean Salad with Cured Ham and Mint)

**Serves 8-12**

**For the salad:**

1-1/2 pounds shelled young fava beans (about 6 pounds before shelling), or two 10-ounce packages frozen lima beans  
Salt, as needed  
1/4 pound lean Spanish ham (preferably Ibérico), sliced medium-thin and julienned  
1 small head romaine lettuce, finely shredded  
12 large fresh mint leaves, cut into thin strips

**For the dressing:**

2 tablespoons herbed mustard  
1/2 cup olive oil, preferably extra virgin  
3 tablespoons sherry vinegar, or to taste  
1 teaspoon freshly ground black pepper, or to taste  
1/2 teaspoon salt, or to taste

**As a garnish:**

8-12 mint sprigs  
Optional: 8-12 leaves of radicchio or lettuce  
(as a bed for the salad)

In a large pot, bring abundant salted water to a boil. Add fava beans and cook, uncovered, until tender, 5 to 7 minutes. Drain and let cool. In a large salad bowl, toss beans with ham, lettuce, and mint.

In a food processor, whisk all dressing ingredients together until well blended. Taste for seasoning.

Just before serving, pour dressing over salad and toss gently until lettuce is evenly coated. Serve at room temperature or slightly chilled.

**Wine Pairing:**

Marimar Estate Acero Chardonnay

**Recipe from:**

*The Catalan Country Kitchen*, page 56  
by Marimar Torres