



Vegan



Medium



1 hr – 1 hr and 30 mins

Minestra Lecce

This fresh, Spring, soup has humble origins in the Salento area of Puglia, which includes the province of Lecce ? an area known for its unique gastronomic and culinary treasure trove thanks to its rich, fertile soils. Traditionally this soup is made using fresh artichokes, however jarred and tinned artichokes work just as well.

SERVES: 4-6

PREPARATION TIME: 10-15 minutes

COOKING TIME: 60 minutes

Ingredients

- 4 fresh globe artichokes, or 300g – 400g of artichoke antipasti in oil, drained
- 750g fresh fava beans or broad beans
- 2 stems of celery, diced finely
- 4 spring onions, trimmed and diced finely
- 5 tbsp Filippo Berio Bio Extra Virgin Olive Oil
- Salt and freshly ground black pepper

Method

1. Prepare the fresh artichokes: trim outer leaves, discard the stems and remove thorns. Soak the artichokes in water with lemon until ready for use. Just before cooking cut them into pieces and drain well. Cook the beans in a pan, filled with enough water to cover them. Add salt. Bring to the boil then reduce the heat and simmer for 10 minutes. Add the artichokes, olive oil, spring onions and celery and cook for 4-6 minutes – no longer.
2. Reduce the heat and simmer for 45-60 minutes covered with a tight fitting lid. Add salt and pepper to taste. Serve into warmed serving dishes and finish with a generous drizzle of the Filippo Berio Dauno Extra Virgin Olive Oil.