



Vignole (Roman Spring Vegetable Stew)

Note from Chérie: While Vignole is traditionally made with artichokes, they can be substituted with greens and/or beans. For an even more traditional dish, add guanciale and/or braised lettuce. Vignole gets even better as the flavors meld over the course of a few days.

Cooking time: 1 and 1/2 hours active, *excluding time to peel favas and peas*

serves 8 as an appetizer, 4-6 as a meal on its own

6-8 small to medium-sized spring onions, sliced thin

2 pounds of fava beans in their pods

2 pounds of peas in their pods

1/2 bunch of bitter greens, such as broccoli rabe, roughly chopped

1/4 - 1/2 cup of olive oil

1 cup of white wine, vegetable stock, or water

Salt

2 small heads of lettuce, cut into halves or quarters, *optional*

1 and 1/2 cups cooked beans of any Italian variety, *optional*

2 1/4 inch thick slices of guanciale, diced into cubes and sauteed until crispy, *optional*

Peel favas and peas from their pods *ideally alongside a great show or a view, with a spritz or a glass of wine*. Take the favas and submerge them in boiling water for 1-2 minutes, then over to an ice bath. (This step helps to peel away their tougher outer shells more easily.)

Heat olive oil over medium-low heat in a large, heavy-bottomed pan. Add onions and a pinch of salt and cook until translucent (roughly 12-16 minutes).

Add the optional bitter greens and/or lettuce, along with another pinch of salt and additional olive oil, if you think they could use more fat. Cook until they've wilted (about 6-8 minutes.) Add peas along with liquid (wine, stock, or water) and cook for about 2 minutes with the lid over top. Add favas, and cook for another 2. Stir in optional cooked beans to warm.

Vignole can be served at room temperature and is best alongside a thick slice of crusty sourdough, with a generous amount of olive oil, freshly cracked pepper, finishing salt, and optional guanciale over top.

SOURCE: [THESAVERY.SUBSTACK.COM](http://thesavory.substack.com)

