DIRECT · EASY

Young Broad Beans Grilled in the Pod on the Kamado, with Coarse Salt and Mint

Young broad beans, pod and all, seared on cast iron at 300 °C until the skin blisters and the beans steam inside. Eat them with your fingers, with coarse salt and a pounded garlic and mint dressing. No podding, no boiling.



PREP	COOK	SERVINGS	TEMPERATURE
15 min	35 min	4	300 °C

Ingredients

- **1 kg** young broad beans in the pod, green and small-seeded
- **2 ud** garlic cloves
- **15 g** coarse salt (10 g for the mortar, 5 g to finish)
- **1 ud** lemon (zest and juice)
- **60 ml** extra virgin olive oil
- **20 g** fresh mint leaves (about 30 leaves)
- **1 cdta** black peppercorns
- **1 ud** small dried guindilla chilli, optional

Method

1 CHOOSE AND DRY THE BEANS

Buy beans with green, smooth, pliable pods, 10 to 15 cm long, that bend without snapping and show the beans only faintly through the skin. If the pod is bulging, yellowing or cracks when you bend it, the beans are already floury and this recipe will not suit them. Rinse the pods under the tap, snip off the stalk and dry them completely with a cloth: surface water cools the iron and boils instead of toasting.

2 LIGHT WITH THE SKILLET INSIDE

Half-fill the kamado's firebox with coconut briquettes, tuck a natural firelighter under three or four briquettes in the centre, light it and leave the lid open for ten minutes, until those briquettes have a grey edge. Set the grate in place and, on top of it, the cold 26 cm Lodge skillet, centred and with the silicone handle sleeve removed; check that the lid closes without touching the handle. Close it with both vents fully open and wait for the dome thermometer to read 300 °C: with briquettes allow 30-45 minutes, longer than with lump charcoal. The skillet comes up to temperature along with the cooker.

3 POUND THE DRESSING

While the temperature climbs, put the peeled garlic cloves in the mortar with 10 g of coarse salt, the peppercorns and the chilli if you are using it, and pound to a paste. Add the mint leaves in two lots and keep pounding until they stain the mixture green. Work in the oil little by little, stirring with the pestle, and finish with the lemon zest. Keep the juice back for the end.

4 FIRST BATCH, LID CLOSED

At 300 °C, burp the kamado: open the lid five centimetres, wait about five seconds and open it fully. Spread a quarter of the pods over the dry skillet in a single layer, with no oil and no overlapping. Close the lid as soon as they are in place and leave them 4 minutes untouched. You will hear crackling inside: that is the water in the pods turning to steam against the iron.

5 TURN AND FINISH

Open again with a burp and turn each pod with the long tongs. The side that was against the iron should show brown blisters and black patches; if it is still an even green, the skillet had not reached temperature. Close and give them 3-4 minutes more. A pod is ready when it puffs up, wrinkles and gives when you squeeze it with the tongs. Move them to a serving dish and cover with a cloth.

6 REPEAT THE BATCHES

Repeat with the rest of the beans in three more batches, leaving the lid closed for a minute between them so the skillet recovers its temperature. In all, 1 kg of beans means about 35 minutes of cooking. If the skillet starts to smoke with a burnt smell, push the scraps of skin to one side with the tongs before the next batch; never cool it with water.

7 DRESS IN THE HOT SKILLET

With the last batch out, close the bottom vent and the top vent completely so the briquettes start to die down. Open with a burp, lift the skillet out by its handle with a barbecue glove and set it on a trivet on the table. Wait three or four minutes, then pour in the pounded dressing: it should sizzle without smoking. Move it about for twenty seconds with the pestle, until the garlic smells sweet and the mint darkens a little, then pour it over the beans in the dish. Toss so every pod is coated.

8 SERVE WITH SALT AND LEMON

Scatter over the remaining 5 g of coarse salt, squeeze the lemon juice on top and serve the beans hot, in the same dish, with an empty bowl for the pods. Eat them with your fingers: split the pod along the seam, push the beans out with your thumb and, if the pod is one of the really tender ones, dip it in the oil at the bottom of the dish and eat that too. Leave the kamado closed: the leftover briquettes go out on their own.

Editor's tips

- No oil in the skillet while it is inside the kamado: at 300 °C it smokes and turns bitter in seconds. The pod carries its own water and will not stick if the iron is up to temperature; the oil comes afterwards, in the dressing, once the skillet is out.
- A size test at the market: if the beans stand out in relief through the pod, the bean is already too big to eat pod and all. It works best when the pod feels almost empty in the hand.
- Always a single layer. Piled on top of each other, the ones above steam without toasting and the ones below burn. Four batches of 4 plus 3-4 minutes give a better result than one crowded batch.
- Lit coconut briquettes give off little smoke, but the moment of lighting always does. On a terrace, light with the wind blowing towards the courtyard or the street, not towards the neighbour's window, and with the lid open only for those ten minutes.

Gear for this recipe

Kamado Bono Minimo 40 cm

A half-hour starter at 300 °C does not justify lighting a big kamado, and on the terrace of a flat there is no room for one anyway. The Kamado Bono Minimo 40 is a terrace-sized ceramic kamado: a 40 cm body and a 34 cm cooking grate according to the manufacturer, enough for a 26 cm cast iron skillet with air on all four sides. Half a firebox of briquettes is enough to reach 300 °C on the dome, and the ceramic with the lid closed holds that temperature between the four batches. If your kamado has a grate of 40 cm or more, a 28 cm square griddle fits too and saves you a batch; in the Minimo, the skillet.

mikamado.es/en/kamados/kamado-bono-minimo-40

BlackSellig XXL Pure Coconut Charcoal Briquettes 10 kg

Over cast iron what counts is a bed that stays at temperature, not a tall flame. BlackSellig coconut briquettes are made from pressed coconut shell charcoal, burn evenly and without sparks and, once lit, give off barely any smoke, three things that matter when the kamado is two metres from a neighbour's window. Half a firebox is enough to reach 300 °C on the dome and hold it with the lid closed for the 35 minutes of batches. When the vents are closed at the end, the leftover briquettes go out and keep for next time. What they do not do is give the lively flame of lump charcoal: none is needed here.

mikamado.es/en/accesorios/blacksellig-coconut-shell-10kg

Lodge L8SK3: pre-seasoned cast iron skillet, 26 cm

The grate is no use for broad beans: thin pods slip between the bars and the heat passes between them instead of toasting them. The 26 cm Lodge cast iron skillet gives a continuous surface that soaks up dome heat while the kamado comes up and gives it back by contact: the pod blisters wherever it touches metal. Its 26 cm sit centred on the Minimo's 34 cm grate with air on all four sides. It goes in cold and heats up with the cooker, with no thermal shock; the silicone handle sleeve comes off first, and that same handle lets you lift it out with a glove at the end to finish the dressing in its residual heat. A quarter of the kilo of beans per batch, in a single layer.

mikamado.es/en/accesorios/lodge-sarten-hierro-fundido-26cm

OXO Good Grips 16" tongs

Between the open lid of a kamado at 300 °C and a cast iron skillet there is very little room for a hand. The 40 cm OXO Good Grips tongs give just enough reach to turn the pods one by one without bringing your wrist near the lid opening, and they grip a thin pod without crushing it or tearing the blistered skin. They also serve to push the scraps of burnt skin to one side of the skillet between batches and to lift the beans onto the dish. With short kitchen tongs your hand ends up over the hot iron; with these, it stays outside the kamado.

mikamado.es/en/accesorios/oxo-good-grips-pinzas-40cm

H&H Mortaio: 18 cm white marble mortar with pestle

The recipe calls for a paste, not a fine chop: garlic broken down completely cooks through in twenty seconds on the iron, and pounded mint releases the oil that a chopped leaf keeps to itself. The 18 cm H&H white marble mortar has the width for two garlic cloves, thirty mint leaves and 60 ml of oil without overflowing as you stir, and the weight of the marble keeps it still on the terrace table while you pound one-handed. The coarse salt acts as an abrasive against the stone, so the garlic breaks down in a minute. The pestle then does duty for moving the dressing about in the hot skillet, once it is out of the kamado, and pouring it out.

mikamado.es/en/accesorios/hh-mortero-marmol-blanco-18cm

Full recipe at: mikamado.es/en/recetas/habas-tiernas-vaina-brasa-kamado

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