

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, count two 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

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

BlackSellig XXL Pure Coconut Charcoal Briquettes 10 kg

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

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

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

OXO Good Grips 16" tongs

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

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

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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