



# Garmugia

THE GREENEST TUSCAN SOUP FOR SPRING

**Serves 4 to 6**

## Ingredients

120 g (about 1 cup) of  
shelled fava beans  
100 g (about 1 cup) of  
shelled peas  
100 g of asparagus, about  
10 asparagus  
4 artichokes  
2 spring onions  
Extra virgin olive oil  
50 g (1 ¾ oz) of pancetta  
150 g (5 ¼ oz) of ground  
beef  
4 slices of stale bread  
Fine sea salt  
Freshly ground black  
pepper

Start with the vegetables, so that they will be ready when you add them to the soup.

Shell the fava beans and the peas and cut the asparagus into thin rounds, leaving the tips whole.

Clean the artichokes and slice them thinly, brushing them with some lemon juice to prevent them from turning black.

Now make the stock.

Gather a handful of pea and fava bean pods, a few asparagus stalks, and the green part of one spring onion, and collect them in a pot.

Cover with 2 litres of water and bring to a boil, then reduce the heat, and simmer for about 30 minutes, until the pods are tender and the liquid is reduced by half. Then blend, strain through a fine-mesh colander, and set aside. You should get a verdant, flavourful stock.

Time to make the soup.

Slice the spring onions thinly, including the green part.

Collect the spring onions in a large saucepan with a few tablespoons of extra virgin olive oil and the pancetta, cut into strips.

Sauté the onions for a few minutes, then add the minced meat. Stir with a wooden spoon to break it into small crumbs and cook it evenly.

When the meat begins to sizzle, add all the vegetables, stir thoroughly and cover them with the warm broth.

Season with salt and pepper and cook over medium-low heat, covered, for about half an hour, until the vegetables are tender but not mushy.

Meanwhile cut the stale bread into cubes and toast it in a pan with a drizzle of olive oil.

Serve the garmugia with the toasted croutons, ending with a drizzle of your best extra virgin olive oil.