Mountain cretan wild & cultivated greens, heirloom fava & cracked olives

- GREECE -

Season:
summer

Cooking time:
2 hrs +
overnight soaking

Difficulty:
medium



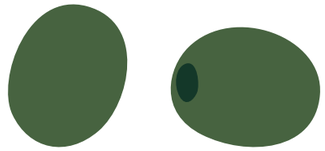
Born in the semi-arid landscapes of Crete, this dish reflects a culinary system shaped by ecological constraint, biodiversity, and seasonal intelligence. Traditionally composed of wild and cultivated seasonal leafy greens slowly reduced in olive oil, it expresses a dry land food model where flavor emerges through concentration and respect for intrinsic plant character.

In this contemporary interpretation, heirloom fava beans introduce plant-based protein while preserving regional seed heritage. Cracked lemon-preserved olives contribute natural acidity through fermentation, and a restrained carob element references climate-resilient tree crops and circular ingredient logic.

Artemis Diane Bemplidaki

Sustainability tips

- Fava beans are used whole, with only minimal outer fragments removed after soaking, preserving both nutritional value and edible mass. Any remaining soaking liquid may be incorporated into vegetable broths.
- Excess cooked greens may be repurposed the following day as a filling for flatbread or stirred into grains, extending the life of the dish without additional resource input.
- Cracked olives preserved in lemon and brine naturally extend seasonal abundance without industrial additives.



Ingredients

GREENS CORE

- **600g** wild and cultivated seasonal leafy greens
- **120ml** extra virgin olive oil
- **to taste,** sea salt

HEIRLOOM FAVA

- **200g** dried heirloom fava beans (rain-fed), soaked overnight
- **to taste,** freshly ground black pepper

LEMON PRESERVED OLIVE EMULSION

- **120g** cracked green olives preserved with lemon
- **30ml** olive oil from the olives
- **1-2 tsp** natural brine

CAROB-FAVA CRISP

- **15g** carob flour
- **25g** finely milled dried fava skins or legume flour
- **35ml** water
- **10ml** extra virgin olive oil
- a pinch (or to taste) sea salt

Instructions

1. Soak the dried fava beans overnight.
2. Drain and remove only loose outer fragments while keeping the beans intact.
3. In a wide pan over medium heat, sauté gently in olive oil. Cook slowly without adding water until tender yet structured. Season lightly.
4. Wash and dry the greens thoroughly.
5. Heat olive oil in a heavy pot and immediately add the greens. Season lightly with salt. Cook over medium heat, allowing the greens to release their intrinsic moisture.

6. Reduce heat and continue cooking without adding water until fully softened and concentrated, with only olive oil remaining as visible moisture.

7. Blend the lemon-preserved olives with their own oil until smooth. Adjust texture with minimal brine only if necessary to achieve a thick, spoonable emulsion.

8. Combine carob flour, milled fava skins (or legume flour), water, olive oil and salt into a thin batter. Spread very thinly on a silicone mat.

9. Bake at 140–150°C until fully dehydrated and crisp without browning. Break into irregular shards.

Plating (Degustation Format)

10. Place a compact oval of reduced greens at the center of the plate.

11. Arrange whole and diagonally sliced fava beans architecturally around and partially over the greens.

12. Dot small amounts of olive emulsion strategically to provide controlled acidity.

13. Insert a shard of carob–fava crisp vertically to create height and textural contrast.

14. Finish with a minimal glaze of raw extra virgin olive oil.

15. Serve warm.

