

FAMILIES OF THE WORLD PROJECT RECIPES

FAVA BEANS WITH TAHINI (V) (GF)

Recipe rights and credit to: ASMAHAN ALATTRASH*

*Please acknowledge (through print) when using on menu

INGREDIENTS (Serves 6-8 as a side)	
QUANTITY	INGREDIENTS
2 cans	<i>Fava beans, drained</i>
1 can	<i>chickpeas, drained</i>
FOR THE SAUCE	
250g	tahini
500g	yoghurt (homemade if possible - if not - plain greek style or natural)
3 cloves	garlic
½ tsp	<u>cumin</u>
½ tsp	salt
TO SERVE	
3-4	vine tomatoes, washed and diced
½ bunch	fresh coriander, washed and finely chopped
1 tbsp	paprika
drizzle	olive oil

Preparation notes before the session: all ingredient conditions above (drained legumes and washed and chopped vegetables and herbs)

EQUIPMENT
saucepan
<i>pestle and mortar</i>
small blender
bowl
teaspoon
tablespoon
knife
chopping board
colander

RECIPE METHOD

DISH ELEMENT NAME:

STEP 1	in a large saucepan with boiling water, boil the fava beans and chickpeas together to refresh. Only until the water is bubbling and the beans warmed through. About 5 minutes.
STEP 2	In the meantime, make the sauce: in a pestle and mortar pound the garlic and salt together until pureed.
STEP 3	add to a mixer the garlic and salt mixture, cumin, tahini and yoghurt and blend until smooth. taste and add more cumin or salt if needed. Pour into a large mixing bowl.
STEP 4	Drain the beans and chickpeas, reserving around 4 tbsp of the water to add later if the sauce is too thick.
STEP 5	add the hot beans and chickpeas to the sauce and combine slowly. Add water here if mixture is too yoghurt-like. You want a slightly thinner consistency (check videos) like single cream.
STEP 6	you have two options here: <ol style="list-style-type: none">1) plate up and sprinkle tomatoes, coriander and olive oil and paprika on top.2) mix in tomatoes, coriander to the bean mix, then plate up and drizzle olive oil and paprika on top. (Asmahan likes option 2, but she knows many people prefer the first option)
STEP 7	Serve immediately, whilst still hot.