

# Orange Blossom Water

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<http://www.orangeblossomwater.net/index.php/2010/04/06/foul-akhdar-bez-zeit/>

## Foul Akhdar Bez-Zeit

From: Family Recipe / Servings: 5 - 6 People

1 1/2 kg whole fava bean pods, this weight is after cutting ends and removing strings

This is fava bean pods, cut off a small section from each side of the pod, as you see in the picture.

150 ml olive oil

Remove strings.

2 tbsp + 1 tsp crushed garlic

Cut fava beans pod, as you see in the picture.

3 tbsp ground coriander seeds

This is the pods after cutting them.

Salt

Rinse and drain fava bean pods.

2 L Water

In large deep pot, add olive oil.

### To Serve

Turn on heat, and add crushed garlic.

Arabic bread

Saute crushed garlic for 2 minutes , do not brown the garlic.

Salad

Add the fava bean pods and stir very well.

Pickles

Add ground coriander seeds and add salt, and stir.

This is the mixture in the pot.

Add water to the mixture in the pot.

Cover the pot, and leave it for 10 minutes over high heat, then lower the heat and let it cook for about 90 minutes (check every 15 minutes just to make sure that everything is fine), after 90 minutes uncover the pot and let it cook for another 30 minutes (check every 15 minutes just to make sure that everything is fine), then turn off heat and serve.

Serve Foul Akhdar Bez-Zeit hot or warm or cold with Arabic bread, salad (salad is prepared from tomato, cucumber, flat parsley, mint, onion, lemon juice, olive oil and salt), and serve with pickles.

### **Notes and Tips**

1 1/2 kg is the weight of fava bean pods after cutting the ends and removing the strings.

You can notice from step 19, that the fava bean pods took about 2 hours and 10 minutes to be cooked, but the time may vary according to the type and size of fava bean pods, to know that the pods are cooked, they have to be very tender.