

# Orange Blossom Water

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<http://www.orangeblossomwater.net/index.php/2010/03/28/foul-nabet/>

## Foul Nabet

From: Family Recipe / Servings:

Dried fava beans with skins

Put dried fava beans in a deep pot.

Water

Rinse with water in several changes.

### To Serve

Cover dried fava beans with water.

Ground cumin

Soak for twelve hours.

Salt

After twelve hours, drain fava beans, rinse with water, and again cover with water and soak for twelve hours.

Lemon wedges

After twelve hours, drain fava beans, rinse with water, and cover with water.

Turn on heat, and bring to boil.

Once water is boiling vigorously, lower the heat.

Simmer until beans are soft and tender, test by peeling some of the beans and see if they are soft or not. I can't give you exact time, because time varies according to the type, size and the brand of fava beans, some may take 15 minutes, another may take 90 minutes.

When the beans are soft and tender, turn off heat.

Skim fava beans from water Using a slotted spoon.

Serve in a bowl.

Add cumin and salt.

Serve with lemon wedges.

When you eat, peel the bean then eat it.