

Orange Blossom Water

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Foul Mdammas

From: Family Recipe / Servings: 5 - 6 People

740 g unpeeled fava beans

Measure 740 g unpeeled fava beans (read notes).

Water, to cook fava beans

Add fava beans in a pot, and cover with water, turn on heat and keep on high heat until boiling, then add salt and lower heat and keep until beans are cooked and tender (do not overcook, you do not want mushy beans), then turn off heat.

Dash of salt

Foul Mdammas Bez-Zeit

Fava beans, read the directions

Use slotted spoon and transfer the fava beans into a bowl and save the cooking water because we will need it later.

1 1/3 cup chopped into small cubes tomatoes

Now measure the weight of fava beans after cooking, and divide them into two parts. The weight I got after cooking was 890 g of fava beans so I divided them into one bowl with 380 g fava beans and the other bowl with 510 g fava beans (whatever weight you get, so divide them into two parts, one is more than the other). I will use the 380 g to make Foul Mdammas Bez-Zeit, and the 510 g to make Foul Mdammas Bel-Laban.

1/4 cup finely chopped flat parsley leaves

1/2 tsp crushed garlic

1/4 cup lemon juice

1 tbsp olive oil

Foul Mdammas Bez-Zeit

1/2 tsp salt, or adjust to taste

In first bowl, put 380 g fava beans.

Ground sweet paprika, for garnish

Chop tomatoes into small cubes, and set aside.

Ground cumin, for garnish

Finely chop parsley, and set aside.

Chopped parsley, for garnish

To fava beans, add chopped tomatoes and chopped parsley.

Olive oil, to drizzle

Add crushed garlic.

Foul Mdammas Bel-Laban

Add lemon juice and olive oil.

Fava beans, read the directions

Season with salt, then toss everything together.

1 cup chopped into small cubes tomatoes

Garnish with ground sweet paprika, ground cumin, chopped parsley, and drizzle with olive oil, and serve.

1/4 cup finely chopped flat parsley leaves

Foul Mdammas Bel-Laban

1 cup plain yogurt

In second bowl, put 510 g fava beans.

1/3 cup cooking water, read the directions

Chop tomatoes into small cubes, and set aside.

2 tbsp tahini

Finely chop parsley, and set aside.

1/4 cup lemon juice

In another bowl, put plain yogurt.

1/2 tsp crushed garlic

Take 1/3 cup of cooking water and add to yogurt.

2 tbsp olive oil

Add tahini and lemon juice to yogurt.

1/2 tsp salt, or adjust to taste

Whisk all the ingredients until combined.

Ground sweet paprika, for garnish

To yogurt mixture, add chopped tomatoes, chopped parsley, crushed garlic, and olive oil.

Ground cumin, for garnish

Add fava beans.

Chopped parsley, for garnish

Season with salt, then toss everything together.

Olive oil, to drizzle

Garnish with ground sweet paprika, ground cumin, chopped parsley, and drizzle with olive oil, and serve.

To Serve

Arabic flat bread

Serve Foul Mdammas with Arabic flat bread, scallions, and red radish.

Scallions

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Red radish, sliced

Notes and Tips

You can use small or medium or large fava beans, but do not cook different sizes together because in this way you will get beans cooked before the others, so choose one size only and use it.

For this dish, you can use fresh fava beans or frozen fava beans, but in both cases you have to use unpeeled fava beans. Also, you can use dried fava beans but you have to soak them overnight (see the method (steps 1 -10 [here](#))), and you can use canned fava beans.

Using fresh fava beans: bring fresh fava bean pods and remove the beans from their pods - classify the beans according to size (small fava beans, medium fava beans, large fava beans), wash fava beans in several changes with water, then use them as directed in the recipe (steps 1 -3), you may need to boil them for a little bit longer time.

Freezing fava beans: bring fresh fava bean pods and remove the beans from their pods - classify the beans according to size (small fava beans, medium fava beans, large fava beans), wash fava beans in several changes with water, blanch them separately (fill a pot with water, salt and some sugar and bring it to boil, then add fava beans for few minutes then plunge into a bowl of cold water), drain and allow to cool then place in freezer bags (as I said store them in bags according to their size, don't mix them) and store in the freezer. Before cooking, allow frozen fava beans to defrost and use as directed in the recipe above.

I used frozen unpeeled small fava beans. The weight 740 g of fava beans is after blanching, and freezing.