

BROAD BEAN FUL MEDAMES

BY TOM SARAFIAN AND RAWAN ABDAL

This recipe is inspired by Sarafian's grandma Dika. It is his favourite dish that she cooks for him when he visits her. Sarafian shares his recipe with us, which can also be made with dried broad beans if you are unable to source them fresh.

FUL

INGREDIENTS

1kg	broad beans
1	brown onion, peeled and thinly sliced
3 tsp	cumin seeds
1 tbsp	sea salt
3	cloves garlic, peeled
300ml	olive oil
500ml	water

METHOD

1. Place a medium-sized pot full of water on high heat and bring to boil. Pod broad beans then blanch in boiling water for 3 minutes.
2. Drain and set aside.
3. In the same pot, place sliced onion and olive oil. Cook over low heat for 5 minutes, or until softened, stirring occasionally.
4. In a small pan, toast cumin seeds over medium heat for 3 minutes.
5. Add cumin to mortar and pestle with a pinch of salt and grind to a coarse powder. Add garlic and continue to pound until you have a paste.
6. Add the garlic and cumin to onions and cook for 3 minutes or until fragrant.
7. Add broad beans and water, (the water should just cover beans, add more if necessary).
8. Bring to a gentle simmer then turn to the lowest heat possible, place a lid on the pot, and cook for 1 hour or until skins are very soft and tender.
9. Turn off and set aside to cool to room temperature.

TARATOR

INGREDIENTS

375g	tahini
125ml	orange juice
110ml	lemon juice
1 tbsp	water
	pinch salt

METHOD

1. Place all ingredients in a bowl for tarator and whisk till smooth. The consistency should be similar to pour big cream, if too thick whisk in another tablespoon of water.
2. Set aside at room temperature.

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SALAD

INGREDIENTS

½ bunch	spring onions
1 cup	cherry tomatoes
2	green chilli
1	Lebanese cucumber
¼ cup	pickled Iranian cucumbers
4	eggs
½ bunch	coriander, chopped
½ bunch	parsley, chopped
1	lemon, juiced

METHOD

1. Bring a small pot of water to boil over high heat.
2. Add eggs, turn heat to medium, and cook for 7 minutes.
3. Drain and run cold water over eggs to stop cooking. Set aside.
4. Slice tomatoes, spring onions, fresh and pickled cucumbers into approximately 1 cm rings, place in a large mixing bowl.
5. Thinly slice green chilli and add to bowl.
6. Roughly chop herbs and add to the bowl along with a teaspoon of salt and lemon juice.

TO SERVE

INGREDIENTS

Black pepper
Smoked paprika
Cayenne pepper
Olive oil

METHOD

1. When ready to serve, bring the ful to a boil, then with the back of a large spoon gently mash the beans against the side of the pot. The trick is to smash about half of the beans then leave the other half whole.
2. Remove from heat, add ½ cup of tarator and mix well, the ful will emulsify and become very creamy. If too thick add a splash of water.
3. Combine the salad ingredients and mix well.
4. Divide into 4 serving bowls or plates and top with egg.
5. Serve the remaining tarator on the side, along with the paprika, cayenne, black pepper and olive oil. Adjust the seasoning to your liking and enjoy.

NOTES

- Iranian pickled cucumbers can be found at Persian grocery stores, small baby pickled cucumbers may be substituted.