

# EGYPTIAN FUL MEDAMES BRAISED SPICED FAVA BEANS WITH MATBUCHA AND LAVASH

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Spiced Fava Beans</i>	
Broad beans or fava beans, dry	3 cups
Bay leaf	1 ea.
Thyme sprigs	2 ea.
Garlic cloves, crushed	¼ cup
Extra virgin olive oil	¼ cup
Cumin, ground	2 Tbsp.
Aleppo chili	1 tsp.
Salt	1 tsp.
Pepper, ground	½ tsp.
Lemon juice	½ cup
Matbucha (recipe below)	1 cup
Shallot, peeled sliced thinly into rings	½ cup
Parsley, chopped	¼ cup
Lemon wedges	8 ea.
Lavash	8 ea.

## **Method**

1. *For the Spiced Fava Beans:* Soak beans overnight in cold water. Drain the beans and cover them with new water by 2 inches in a medium sauce pot. Add the bay leaf, thyme, and garlic.
2. Bring to a boil, then reduce to a gentle simmer and cook until very tender about 2- 2 ½ hours.
3. When tender, and the mixture is slightly soupy in consistency, mash some of the beans leaving about ½ of the beans whole.
4. Add the olive oil, cumin, aleppo chili, salt, pepper.
5. Simmer until liquid is reduced, about 10-15 minutes. Mix in the lemon juice.
6. *For the Lavash:* Lightly grill the lavash and then tear into pieces.
7. *To Assemble:* Serve topped with shallot rings, parsley, lemon wedges, matbucha, and grilled lavash.