



Ful Medames



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings pepper flakes
- ☐ 6 servings cumin
- ☐ 2 cups avarakkai / broad beans unpeeled (ful medames) (and left)
- ☐ 0.3 cup flat parsley chopped
- ☐ 4 cloves garlic clove crushed
- ☐ 3 optional: lemon quartered
- ☐ 6 servings olive oil extra virgin extra-virgin
- ☐ 6 servings salt

- ☐ 6 servings salt and pepper

Equipment

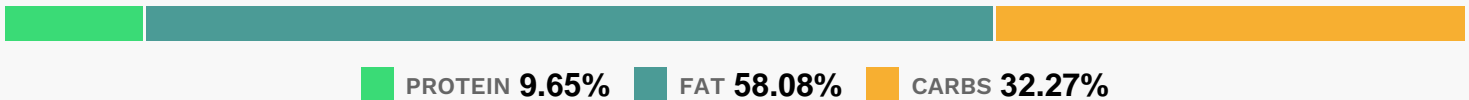
- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ As the cooking time varies depending on the quality and age of the beans, it is good to cook them in advance and to reheat them when you are ready to serve. Cook the drained beans in a fresh portion of unsalted water in a large saucepan with the lid on until tender, adding water to keep them covered, and salt when the beans have softened. They take 2–2 1/2 hours of gentle simmering. When the beans are soft, let the liquid reduce. It is usual to take out a ladle or two of the beans and to mash them with some of the cooking liquid, then stir this back into the beans. This is to thicken the sauce.
- ☐ Serve the beans in soup bowls sprinkled with chopped parsley and accompanied by Arab bread.
- ☐ Pass round the dressing ingredients for everyone to help themselves: a bottle of extra-virgin olive oil, the quartered lemons, salt and pepper, a little saucer with the crushed garlic, one with chili-pepper flakes, and one with ground cumin.
- ☐ The beans are eaten gently crushed with the fork, so that they absorb the dressing.
- ☐ Optional
- ☐ Garnishes
- ☐ Peel hard-boiled eggs—1 per person—to cut up in the bowl with the beans.
- ☐ Top the beans with a chopped cucumber-and-tomato salad and thinly sliced mild onions or scallions. Otherwise, pass round a good bunch of scallions and quartered tomatoes and cucumbers cut into sticks.
- ☐ Serve with tahina cream sauce (page 6
- ☐ or salad (page 67), with pickles and sliced onions soaked in vinegar for 30 minutes.
- ☐ Another way of serving ful medames is smothered in a garlicky tomato sauce (see page 464).
- ☐ In Syria and Lebanon, they eat ful medames with yogurt or feta cheese, olives, and small cucumbers.

- ☐ Variations
- ☐ A traditional way of thickening the sauce is to throw a handful of red lentils (1/4 cup) into the water at the start of the cooking.
- ☐ In Iraq, large brown beans are used instead of the small Egyptian ones, in a dish called badkila, which is also sold for breakfast in the street.
- ☐ Reprinted with permission from The New Book of Middle Eastern Food by Claudia Roden, (C) 2000, Knopf

Nutrition Facts



Properties

Glycemic Index:32.58, Glycemic Load:6.15, Inflammation Score:-6, Nutrition Score:12.536086942839%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 213.68kcal (10.68%), Fat: 14.69g (22.6%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 13.39g (4.87%), Sugar: 2.98g (3.31%), Cholesterol: 0mg (0%), Sodium: 396.56mg (17.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin K: 66.23µg (63.07%), Vitamin C: 48.29mg (58.54%), Fiber: 4.98g (19.92%), Folate: 72.4µg (18.1%), Manganese: 0.35mg (17.33%), Vitamin E: 2.24mg (14.91%), Iron: 2.26mg (12.57%), Copper: 0.2mg (9.98%), Phosphorus: 93.76mg (9.38%), Magnesium: 36.82mg (9.21%), Potassium: 303.17mg (8.66%), Vitamin B6: 0.17mg (8.34%), Vitamin A: 409.26IU (8.19%), Vitamin B1: 0.1mg (6.46%), Calcium: 53.75mg (5.37%), Zinc: 0.74mg (4.92%), Vitamin B2: 0.08mg (4.62%), Vitamin B3: 0.68mg (3.42%), Selenium: 2.08µg (2.97%), Vitamin B5: 0.24mg (2.37%)