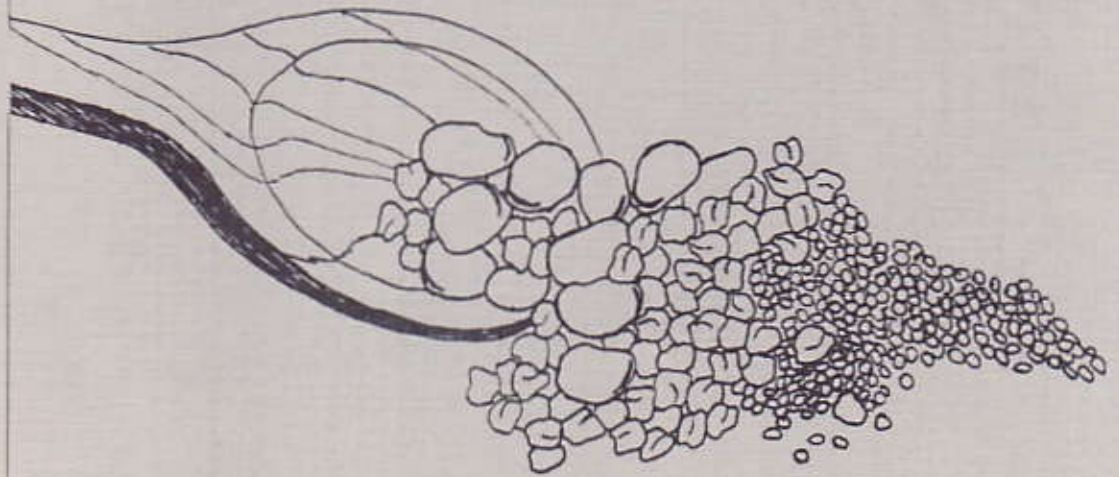


LEGUME Cookbook

Cooking with Chickpeas, Faba Beans and Lentils



by Lorna Hawtin and Linda Sears

Faba Bean and Artichokes I (*Sicily*)

12 oz/350 g faba beans, unshelled
12 oz/350 g peas, unshelled
4 small fresh *or* canned artichokes
4 tbsp. lemon juice
2 tbsp. oil
1 small onion, chopped
4 tbsp. water *or* white stock
salt and pepper
pinch of grated nutmeg
10 leaves of fresh mint

If serving cold:

½ tsp. sugar
2 tsp. vinegar

Shell the beans and peas. If using fresh artichokes clean them, cut them into eighths and place in a saucepan of boiling water to which the lemon juice has been added. Cook for 5 minutes.

Heat the oil in a saucepan or casserole, add the chopped onion and cook until transparent. If using fresh artichokes drain well and add to the pan. Cook for a few minutes, add the water or stock. Add the beans, peas, salt, pepper and nutmeg. Cover the pan and simmer gently for 30 minutes. If using canned artichokes, drain and cut into eighths. Add to pan and continue cooking for 10 minutes. Stir in mint (some whole leaves and some chopped) and cook for 5 more minutes. Serve warm or cold. If serving this dish cold, a few minutes before the end of cooking time, add sugar and vinegar with the mint. Stir well, then transfer to a serving dish and leave until cold. Refrigerate for 30 minutes before serving.

Faba Bean in Egg Custard (*Scandinavia*)

1 lb/½ kg fresh faba beans
3 eggs
1 pint/600 ml milk
1 tbsp. chopped parsley
salt and pepper

Serves 4

Boil the faba beans in salted water until tender. Drain and put in a pie dish. Beat the eggs and milk together, add the chopped parsley and season to taste. Pour over the beans. Cook in a moderate oven (350°F) for about 20 minutes, until the custard is browned on top.

Faba Beans and Artichokes II (Greece)

2 lbs/1 kg faba beans
8 artichoke bottoms
1 tbsp. olive oil
½ tbsp. cornflour (cornstarch)
juice of 1 lemon
2 tbsp. chopped parsley
salt and pepper

Serves 6-8

Cook the faba beans and artichokes separately (or use canned artichokes). Strain and reserve 2 tbsp. of the cooking water. Heat the oil in a saucepan, stir in the cornflour, bean water, lemon juice, parsley and seasoning. Simmer for 3 minutes more. Add the beans and artichokes and heat through gently.

Serve as an hors d'oeuvre or as a vegetable with roast lamb.

Variation: Add ½ lb/250 g of chopped onion; fry it in the oil until transparent before adding the cornflour.

Faba Beans Béchamel

2 lbs/1 kg young fresh faba beans with pods, *or*
2 lbs/1 kg fresh shelled beans
2 oz/50 g margarine *or* butter
1 onion, finely chopped (optional)
2 oz/50 g flour
1 pint/500 ml milk, bean water *or* stock
¼ tsp. dried savory *or* fresh sprigs
1 tsp. Marmite *or* yeast extract
salt

Cook the beans in boiling salted water until just tender, then drain. Melt the margarine or butter in another saucepan, add the peeled and chopped onion, if used, and stew until golden brown. Add the flour and cook for a few minutes, stirring all the time, then gradually add the milk, bean water or stock; also add the savory, Marmite or yeast extract and salt. Add the beans and stir until evenly covered with the sauce, heat up and serve.

Syrian Faba Beans

1 onion, diced
1 garlic clove, chopped
oil
1 lb/½ kg faba beans, fresh
2 tbsp. coriander *or* parsley,
chopped
salt
8 fl oz/200 ml water

Brown onion and garlic in oil. Add faba beans, coriander, salt and water. Cook until the beans are tender. Drain and serve.

Serves 4

Burghul Zari (*Tunisia*)

8 oz/200 g large, dried faba beans
6 oz/150 g burghul (ground wheat)
4 fl oz/100 ml olive oil
2 tbsp. tomato purée
½ tsp. chilli pepper
3 (or more) garlic cloves
1 tsp. hot sauce
½ tsp. powdered cumin
salt
1 lemon

Soak the beans overnight in cold water. The following day mix the burghul, oil and beans together and put into a saucepan with enough water to well cover. Cook for about an hour and a half. Add the tomato purée, chilli pepper and the whole cloves of garlic. Cook for a little longer. When the beans are tender, crush them with a wooden spoon. Add the hot sauce and the powdered cumin. Mix, add salt to taste and the juice of the lemon. Serve hot.

Faba Beans with Basil

2 tbsp. olive oil
1 onion, sliced
2 lbs/1 kg faba beans, shelled
salt and pepper
3 stalks celery, sliced thinly
1 garlic clove
1 tsp. basil

Fry the sliced onion in oil, add the beans and stir for a couple of minutes, then add the rest of the ingredients with enough water to cover the bottom of the pan. Cover the saucepan and simmer for about 20 minutes until the beans are tender. Serves 8

Ful Medamas

This is the 'national' dish of Egypt but it is also common in other Middle Eastern Countries.

1½ lbs/¾ kg faba beans, small, dry and soaked overnight
1½ tbsp. ground cumin
4-6 garlic cloves, peeled and crushed

Garnish:

4 hard-boiled eggs (warm)
juice of 2 lemons
4 onions, chopped
chopped tomatoes
olive oil
salt and pepper

Cover the soaked and drained beans with about 2 inches/5 cm of water, add the cumin, garlic and some pepper and bake in the oven at 300°F for about 3 hours until the beans are soft and the sauce is thickened.

Serve garnished with crumbled eggs, lemon juice, onions, chopped tomatoes, olive oil and red pepper. Eat with Arabic (or pita) bread.

Can also be eaten cold with yoghurt and french dressing.

Faba Bean Pie (*New Zealand*)

2 lbs/1 kg young fresh faba beans
1 large onion, chopped finely
½ tsp. dried sage
¼ tsp. Marmite or yeast extract
3 tbsp. whole wheat flour
2 tbsp. milk
2 egg yolks, well beaten
2 tbsp. grated cheese
2 oz/50 g fresh whole wheat bread-crumbs

Cook the beans, onions and sage in a little water. When the beans are nearly cooked add the Marmite or yeast extract to remaining water. Turn into a greased pie dish.

Mix the flour with milk (until it is smooth), add the egg yolks and cheese and stir well. Spread the mixture over the beans, sprinkle the breadcrumbs over and bake in a moderate oven (350°F) for 30 minutes.

Serves 4

Main Dishes

Faba Beans in Poulette Sauce

2 lbs/1 kg faba beans, shelled
1 oz/25 g butter

Poulette sauce:

3 open mushrooms
1 small onion
½ bay leaf
¾ pint/300 ml chicken stock
½ oz/15 g butter
½ oz/15 g plain flour
2 egg yolks
juice ½ lemon
3 tbsp. double cream
parsley, chopped

Cook beans in boiling salted water until tender. Toss in the melted butter and keep warm.

Sauce: finely chop the mushrooms and onion and put into a saucepan with a bay leaf and the stock and simmer for 10-15 minutes. Strain, reserve the cooking liquor.

Melt the butter in a saucepan, stir in the flour and cook for 1 minute, stirring all the time. Remove from heat, and blend in the reserved cooking liquor. Return the pan to the heat and bring to the boil, stirring. Simmer for a few minutes.

Mix together the egg yolk, lemon juice, cream and parsley. Pour on a little of the sauce from the saucepan, stirring all the time, add this mixture to the sauce remaining in the pan and stir over a low heat for 1-2 minutes. Do not allow to boil.

Pour sauce over beans. Garnish with parsley sprigs.

Faba Bean Casserole

1½ lbs/¾ kg large faba beans, fresh
1 large carrot
1 onion
2 sticks celery
1 leek
2 oz/50 g fat
½ pint/250 ml stock *or* water
1 tsp. dried savory *or* equivalent fresh

Cook the shelled beans (or if the beans are young slice them in their pods) in boiling, salted water until just tender. Peel and slice the carrot and onion, also slice the celery. Wash and cut the leeks into ½ inch/1½ cm pieces. Melt ½ oz/15 g of fat in a saucepan and stew the vegetables except the beans for about 5 minutes. Add no water. Grease a casserole and put in alternate layers of beans and other vegetables, finishing with beans and putting the remaining fat between the layers. Mix the stock with the savory and a little salt and pour over the vegetables. Cook in a hot oven (400°F) for 35 minutes.

Windsor Bean Pudding (*England*)

1 lb/½ kg boiled faba beans
salt and pepper
2 egg yolks
1 oz/25 g butter
2 oz/50 g white breadcrumbs
2 tbsp. single cream

Pound the boiled beans to a paste in a mortar or blend in a liquidizer. Season to taste with salt and pepper, add the egg yolks, softened butter and the breadcrumbs soaked in the cream. Tie the mixture in a floured cloth, place in boiling water and boil for 30 minutes. Squeeze out the water by pressing the cloth, and serve.
Alternatively, bake the pudding for 30 minutes in a moderate oven at 350°F.

Bizara (Egypt)

1 lb/½ kg small faba beans, dried
4 oz/100 g mulukhiyah, dried (jews mallow)
salt and red pepper
3 garlic cloves, crushed
olive oil (or any other cooking oil)

Garnish:

1 onion, chopped
1 garlic clove, crushed
coriander or parsley, chopped

Soak the beans overnight. The following day remove the skins (if you have not been able to buy skinned faba beans). Put into a saucepan with water to cover and bring to the boil and cook until the beans are well done. Sieve or grind with a blender and return to the saucepan. Grind or rub the dried jews mallow in your hand until it is powdered. Add this and the salt and pepper to the puréed beans and cook for 5-10 minutes. Meanwhile fry the crushed garlic in a generous amount of oil (preferably olive oil) and stir into the mixture.

Serve hot or cold. A garnish of onion, garlic and coriander or parsley, which has previously been fried together in oil, can be sprinkled over the dish before serving.

Grecian-style Faba Beans (Greece)

2 medium-size onions, sliced
4 tbsp. olive oil
1 lb/½ kg shelled fresh faba beans
3 tbsp. chopped parsley
2 tsp. chopped fennel tops
3 black peppercorns
salt and pepper
¼ pint/150 ml water
1 tbsp. lemon juice

Peel and finely slice the onions. Put in a pan with the oil and the beans, half the chopped parsley, the fennel tops, peppercorns, salt and pepper. Mix well together, then add the water and bring to the boil. Reduce heat to very low, cover and cook for 30 minutes or until the beans are just tender. Remove pan from heat and stir in the lemon juice and remaining chopped parsley. Serve hot or cold.

Faba Beans in White Sauce or Parsley Sauce (*England*)

1 lb/½ kg young beans with pods *or*
1 lb shelled beans
1 tbsp. butter *or* margarine
1 tbsp. flour
1 pint/500 ml milk *or* ½ pint milk + ½
pint bean water
salt and pepper
a little grated cheese
2 tbsp. chopped parsley

Serves 4

Shell the older beans or top and tail the younger ones, removing any strings and cutting them into 1 inch/2.5 cm pieces. Drop them into boiling salted water. Cover and cook until almost tender. Strain the beans (and if liked) reserve ½ pint/250 ml of liquid for the sauce.

Melt the butter or margarine in a small saucepan and add the flour. Stir for a couple of minutes but do not brown. Slowly add the milk (or milk and bean water), stirring all the time, and cook until thickened. Add a little cheese, salt and pepper and the parsley. Pour over the beans, stir gently, cover and put in a moderate oven to finish cooking.

Variation: A more luxurious version can be made with very young beans: merely top and tail them and pare them thinly down the sides. Cook them in unsalted boiling water until barely tender. Add salt and pepper, a squeeze of lemon juice, chopped parsley, 2 oz/50 g of butter and 3-4 tbsp. of cream. Heat through gently before serving.

Main Dishes

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Faba Beans in White Wine

2 tbsp. butter
1 small onion, finely chopped
4 tbsp. flour
¼ pint/125 ml dry white wine
¼ pint/125 ml chicken stock
sprig of marjoram, *or* ¼ tsp. dried marjoram
salt and pepper
1 tsp. sugar
1 lb/½ kg faba beans, shelled

Melt the butter and cook the onion until transparent. Stir in the flour and cook for a minute. Add the wine and stock, marjoram, seasoning, sugar and the beans. Bring to the boil and cook for 10 minutes.

Faba Bean and Lettuce Casserole (*Iran*)

1 lb/½ kg fresh faba beans, shelled *or*
1 lb/½ kg dried faba beans
1 head lettuce
1 tsp. fresh thyme *or* ½ tsp. dried thyme
10 sprigs fresh parsley
12 small pearl onions
2 tsp. salt
¼ tsp. pepper
2 fl oz/2½ tbsp. water
3 tbsp. butter *or* cream

If using dried faba beans, soak them overnight. Fresh ones should be shelled and their skins removed. Wash the lettuce, fresh thyme and parsley; shake off the excess moisture and chop. Peel the onions, place them in a saucepan with the faba beans, lettuce, thyme, parsley, salt, pepper and water. Cover and simmer over low heat until cooked (about 30 minutes). Stir in the butter or cream before serving.

Rice with Fresh Faba Beans (*Middle East*)

4 tbsp. oil
1 large onion, finely chopped
1 lb/½ kg fresh shelled *or* frozen faba beans
salt and black pepper
2 garlic cloves, crushed
½-1 tsp. ground coriander
1 lb/½ kg long-grain rice, washed and drained

Heat 2 tbsp. oil in a large heavy pan and fry the onion until soft and golden. Add the beans and sauté a little, turning them over and stirring. Cover with a little water and season to taste with salt and pepper. Simmer until the beans are just tender.

Fry the garlic and coriander in 2 tbsp. oil in a large frying pan. Add the washed and drained rice, and fry until transparent (not browned), add to the cooked beans together with enough water to make the liquid in the pan to ¾ pint/450 ml. Bring to the boil, cover and simmer gently for about 20 minutes (do not stir) until the rice is cooked.

Serve hot with meat or cold with yoghurt and salad.

Variation: A version of this is served in Iran but 8 oz of dry skinned faba beans is used instead of the fresh ones. Butter replaces oil for frying and turmeric replaces the garlic and coriander.

Turkish Faba Beans

1 lb/½ kg faba beans, shelled
5 fl oz/125 ml yoghurt
1 garlic clove, crushed
1 egg yolk

Cook faba beans in a little boiling water until just tender. Drain. Put in a pan with the yoghurt and garlic and heat through gently. Add the egg yolk and stir until slightly thickened, without boiling. Serve.

Ta'amia or Falafel (*Egypt*)

This dish is also common in other Middle Eastern Countries.

1 lb/½ kg dried faba beans
2 spanish onions (red ones), grated
or finely chopped *or*
1 bunch spring onions, finely chopped
2 large garlic cloves, crushed
1 bunch parsley, finely chopped
1-2 tsp. ground cumin
1-2 tsp. ground coriander
½ tsp. baking powder
oil for frying

Soak beans in cold water for 24 hours. Remove skins if this has not already been done. Drain, mince and pound them. Mix all ingredients together except oil, season to taste. Pass mixture through the fine blade of a mincer twice, then pound. Let paste rest for at least ½ hour.

Flatten walnut-sized lumps into round cakes 1½ inches across. Let them rest for a further 15 minutes, then fry them in deep hot oil until rich golden brown.

Serve hot with salad and bread.

Variation: Baking powder is sometimes replaced by ½ oz fresh yeast/¼ oz dried yeast dissolved in a few tablespoons of lukewarm water.

Faba Bean Gazpacho (*Spain*)

Traditional Andalusian farmworkers' lunch dish.

100 g large dry faba beans
1 garlic clove
half a green pepper
4 oz olive oil
2 oz wine vinegar
1 egg white
1 tsp salt

Soak the faba beans overnight. Boil in plenty of fresh water until tender. Drain and peel off the skins. Blend all the ingredients, adding water to taste (up to 1 liter). Chill and garnish with diced onions, tomatoes, cucumbers and red peppers.

Faba Bean Kookoo (*Iran*)

1 lb/½ kg dried faba beans
1 tsp. salt
2 oz/50 g butter
8 tbsp. dill weed, fresh *or*
4 tbsp. dill weed, dried
6 eggs
1 tsp. salt
¼ tsp. pepper
½ tsp. baking soda
1 large onion, sliced *or*
4 spring onions, chopped

Serves 6

Soak the faba beans in water overnight. Add a little salt, cover and simmer gently until tender. Cool with cold water. Liquidize with a little of the cooking liquor, pass through a food mill or mash with a potato masher.

Sauté the onion in 2 tbsp. of the butter. Add the dill weed (if available). Beat the eggs well. Add the salt, pepper, baking soda, onion and mashed beans. Mix well. Melt the remaining butter in a baking dish. Pour in the egg mixture and bake at 350°F for ¾-1 hour, until the bottom and edges are crisp and the top is golden brown. Invert to serve.

Variation: A similar dish "Eggah bi Ful Akhdar" is made in other countries of the Middle East but ¾ lb/300 g of fresh or frozen faba beans replace the dried ones (and therefore do not need to be soaked). Omit the onion and baking soda. The beans are added whole to the beaten eggs (having been previously boiled in salted water until just tender). It can be cooked in a frying pan or in the oven. Garnish with chopped parsley. Serve cut in wedges like a cake.

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International Center for Agricultural Research in the Dry Areas (ICARDA)
P.O. Box 5466, Aleppo, Syria
Phone: (963-21) 213433/213477
Fax: (963-21) 213490
Telex: 331208/331206 ICARDA SY

Established in 1977, the International Center for Agricultural Research in the Dry Areas (ICARDA) is governed by an independent Board of Trustees. Based at Aleppo, Syria, it is one of 18 centers supported by the Consultative Group on International Agricultural Research (CGIAR), which is an international group of representatives of donor agencies, eminent agricultural scientists, and institutional administrators from developed and developing countries who guide and support its work.

ICARDA focuses its research efforts on areas with a dry summer and where precipitation in winter ranges from 200 to 600 mm. The Center has a world responsibility for the improvement of barley, lentil, and faba bean, and a regional responsibility—in West Asia and North Africa—for the improvement of wheat, chickpea, and pasture and forage crops and the associated farming systems.

Preface

For many generations, both ordinary and imaginative cooks have created tasty dishes featuring chickpeas, faba beans and lentils. An excellent source of protein and other nutrients, these versatile legumes are staple foods of the Middle East, Africa and Asia.

The recipes in this book were collected by Lorna Hawtin from friends of many cultures. The idea originated from the need for information on the uses of these food legumes to enable breeders to know what characteristics to look for. The earliest recipes were contributed by trainees at the First Legume Training Course held in Lebanon in 1974. They were published in three separate volumes (Chickpea, Faba Bean and Lentil Cookbooks) by ICARDA in 1979 and 1981, but a continuing demand for the books soon exhausted the supply. For the convenience of the cook, the recipes for all three legumes have been edited and presented together in this publication by Linda Sears of the Communication, Documentation and Information Services department at ICARDA. All the recipes have been carefully checked and metric equivalents have been added where needed. The Introduction, containing historical facts and general information about each legume, was written by Lorna Hawtin.

SaHtain! — Bon appetit! — Enjoy!