

Salma's Foul Shami

Learn to cook like Salma and make a historical Middle Eastern recipe from ancient times—foul shami made with fava beans, olive oil, onion, garlic, and sumac.

INGREDIENTS:

2 cups/16 oz cooked or canned fava beans

Extra virgin olive oil

1/2 onion minced

2 cloves garlic, raw and minced.

1 tsp sumac

Salt and black pepper to taste

Juice from 2 fresh lemons or more to taste

Diced ripe red tomato

Fresh minced parsley

INSTRUCTIONS:

Pour the fava beans, with their liquid, into a pot, add a glass of water, and heat on the stove for 20-30 minutes on medium heat until hot and soft. Pour them into a colander to drain.

While the beans are heating, mix the diced tomato, the minced parsley, the minced onion and the minced garlic in a bowl on the side.

When the fava beans are drained, add them to the mixing bowl.

Pour the juice of the lemons and the olive oil into the bowl. Add the sumac, and salt and pepper to taste.

Mix well and serve warm.

You can eat the foul shami with a spoon or pita bread.