

Middle Eastern Bean Spread (Salatet Ful Abiad)

Recipe By Gil Marks



Cooking and Prep:  3
h 20 m

Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegetarian, Gluten Free,
Vegan, Pescetarian

Source: OU Kosher

Cuisines: Middle Eastern

For millennia, Middle Easterners have been making spreads from legumes.

Although most Westerners are familiar with a chickpea mixture called hummus, bean spreads are also common throughout the region. Indeed, some Middle Eastern hummus mixtures contain a little fava beans as well, producing an averse reaction in those who are allergic to the latter legume.

Ingredients (8)

Main ingredients

- 3 tablespoons **Bartenura Olive Oil** or vegetable oil, divided
- 1 clove garlic, minced or 1 cube **Gefen Frozen Garlic**
- 2 cups cooked dried fava or **Blanchard and Blanchard Frozen Fava Beans** or white beans, mashed
- 2–4 tablespoons fresh lemon or lime juice

about 1/8 teaspoon cayenne, or 6 drops hot pepper sauce

about 1/2 teaspoon salt

paprika (*optional*)

chopped fresh parsley

Start Cooking

For the Dip

1. Heat two tablespoons oil in a large skillet over medium heat. Add the garlic and sauté until lightly colored but not burnt.
2. Add the beans, cayenne, lemon juice, and salt and cook until the mixture is dry, two to four minutes.
3. Remove from the heat and stir in the remaining tablespoon of oil.
4. Spoon into a bowl or crock and refrigerate for at least three hours and up to two days.
5. If desired, invert onto a serving plate and sprinkle with the paprika and/or parsley. Serve with pita bread or crackers.

Variation:

Bissara (Moroccan Bean Spread): Add 2 teaspoons ground cumin.

Bakla Ezmesi (Turkish Bean Spread): Add 2 tablespoons chopped fresh dill.