

Ful Medames

by Shuli Madmone, owner Whole Spice

1 16-oz. can cooked small fava beans, with liquid

1/4 cup tahini paste

1/4 tsp. sea salt, or more if the canned favas are unsalted

2 Tbsp. olive oil

2 tsp. toasted cumin powder

1 tsp. California chili powder

½ tsp. crushed Aleppo chili

4 medium-sized garlic cloves, smashed

1 Tbsp. lemon juice

1 tbsp. of chopped fresh parsley for garnish

Place fava beans with liquid in a pot and bring to boil. Crush with a potato press till partially mashed. Add tahini paste and mix well to reach a hummus-like consistency. Thin with water if it is too chunky.

Mix the next seven ingredients together to make a salsa.

Spread beans on a plate and add the salsa in the center. Garnish with parsley and enjoy with good friends and family.