

The Bridge Academy - Sunday 10 June 2018

FUL MEDAMES

It's originally an Egyptian dish, that's worked its way onto breakfast tables around the Middle East.

The details of how Ful Medames are made and what goes into it is a hot-button issue because every home makes this dish differently. Some people mash the beans, others leave them whole, some cooks (especially in the Levant) top Ful with Tahina, while others top it with boiled eggs. The spelling of it also differs in different parts of the Middle Eastern world. My point is that there's no right or wrong way to make it.

Personally I like chopping up some sweet vine tomatoes, crisp onions, and pungent garlic and mashing them together with the fava beans, lemon juice, olive oil, and a bit of cumin. The ratios are up to you.

Falafel

Falafel is a traditional Middle Eastern food that most likely originated in Egypt. The falafel balls are laid over a bed of salads, pickled vegetables, hot sauce, and drizzled with tahini-based sauces. Falafel balls may also be eaten alone as a snack or Crumbled into Ful Medemes.

Falafel doesn't contain meat, dairy, or any other animal products, and have become a popular food choice among vegetarians and vegans. Falafel is made of soaked and mashed chickpeas and other lentils, combined with onions, garlic, and spices with the herb Dill. They are then shaped into small balls and deep-fried.

Tahini

Tahini is a thick paste made of ground sesame seeds. Tahini is mentioned as an ingredient of hummus, a recipe transcribed in an anonymous 13th-century Arabic cookbook, Kitab Wasf al-Atima al-Mutada. Sesame paste is an ingredient in some Chinese, Korean, and Japanese dishes. It can also be added to Ful Medames. It is also main ingredient for Baba Ganush.

Baba Ganush

Like hummus, this is a dish of indeterminate origins. Baba ghanoush is most likely a Levantine or Greater Syria dish of mashed cooked eggplant (baked over an open flame and peeled) mixed with tahina (made from sesame seeds), olive oil, and various seasonings. It is a typical meze (starter), often eaten as a dip with khubz or pita bread, and is also added to other dishes.

Spicy tomato sauce for Falafel

Mixture of Tomatoes, Garlic, onions, Coriander lemon and other spices. The sauce can also be mixed with Foul Medamas

Tahini Sauce

Tahini sauce is a mixture of tahini paste, lemon juice, garlic, and water. This traditional sauce is served in Israel and in Arab countries throughout the Middle East. The sauce is used as a condiment to accompany dishes like hummus, falafel, and Baba Ganush.

Hummus

The word hummus, (which has various spellings) is an Arabic word meaning “chickpea”. Despite the fact that the exact known origin of hummus is unclear, we do know that chickpeas, the main ingredient of hummus, were known to be cultivated in the ancient Mediterranean and the Middle East.

Greek Salad

In Greece it is called 'Horiatiki', which means village or peasant salad – basically a combination of tomatoes, onions, cucumbers, green peppers, olives and feta cheese, dressed in olive oil and sprinkled with oregano. From its Greek name we assume that it was a rural dish.

Baklava

The oldest (2nd century BCE) recipe that resembles a similar dessert is the honey covered baked layered-dough dessert with chopped nuts (almonds, walnuts or pistachios, or use combination of them). This was a delight of Roman times, which many identify as the origin of baklava: The Greeks and the Turks still argue over which dishes were originally Greek and which Turkish.

Hope the above gives you enough information to enable you to take a bite into the unknown!!!