

Bissara

Preparation time: 30 minutes

Ingredients (for four persons):

- 200g of dried broad beans or peas
- 4 gloves of garlic
- 8 tablespoons of olive oil
- ½ litre of hot water
- A pinch of salt
- ½ tsp of cumin
- ½ tsp ginger
- ½ tsp turmeric
- 2 tsp sweet paprika
- ½ tsp chilli powder

Preparation

Rinse and drain the broad beans. Finely chop and paste the garlic and add to the saucepan with all the spices and olive oil except cumin. Heat over a medium flame until the garlic is golden, then cover with boiling water. Reduce to simmer leaving the cover half open.

Stir to check the beans are not sticking to the base of the saucepan. When the beans are tender, mash them with a wooden spoon or using a blender until smooth. Stir in additional water to reach desired consistency.

To serve, place the bissara into a shallow soup bowl. Sprinkle with cumin and drizzle a tablespoon of olive oil on top.

Enjoy!