

**FABA
BEAN
COOK**

FABA BEAN COOK BOOK

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THE INTERNATIONAL CENTER FOR AGRICULTURAL RESEARCH IN THE DRY AREAS

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Preface

This ICARDA Internal Document was prepared by Lorna Hawtin (Mahmoud Rustom Building, Shahba Area, Aleppo, Syria. Tel. 18071). It is based on recipes appearing in various publications as well as some original ones. A bibliography is provided at the end of the book .

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INTRODUCTION

Faba beans probably originated in the Near East in late Neolithic times, by the Bronze Age they had spread at least to Northern Italy and have been found in several lake-side dwellings in Switzerland. The earliest findings in Britain date back to the Iron Age at Glastonbury. They were widely cultivated in Ancient Egypt, Greece and Rome.

In Ancient Egypt they were mostly eaten by the common people. The upper classes considered them unworthy and, unlike lentils, they have not been found in the tombs or depicted on frescoes.

Faba beans are mentioned several times in Ancient Greek Literature e.g. The Iliad by Homer written in the eighth to ninth century talks of faba beans. The Greeks apparently associated the little black spot on the hilum with death and although the beans were sometimes offered in sacrifices to Apollo - the priests were strictly forbidden to eat or touch it or even to mention its name.

Pythagoras (a Greek philosopher in the sixth century B.C.) refused to walk through fields of faba beans and forbade his disciples to eat them. He is said to have met his death at the hands of the people of Crotonia in Ancient Bratium (Italy). Pursued by them, he came to the edge of a bean field and, rather than set foot, in it was caught and killed. It is probable that he was prone to favism - a disease which is almost entirely confined to genetically susceptible people of Mediterranean origin. Favism occurs when such individuals consume faba beans and even inhale the pollen.

Unlike the Egyptians and Greeks, the Romans held the faba bean in much higher esteem. The Elder Pliny in 'Naturalist Historiae' gives faba beans the highest place of honour among legumes. He speaks of 'Lomentum' (bean meal) as being mixed with wheat or millet flour in the baking of bread - to make the loaves heavier. It is probable that the Latin word for bread 'panis' (Italian 'pane' or French 'pain') comes from the greek word for faba bean 'puanos'.

All the prominent writers on Roman agriculture mention faba beans e.g. Cato the Censor, Columella and Varro.

Apicius in the first century A.D. in his book 'De Re Conquinaria' (the world's oldest surviving cook book) mentions a number of dishes made from faba bean - shelled and in the pod, boiled and fried. He gives the recipe for a special purée of bean meal mixed with fish stock (Liquamen) oil and herbs (especially cumin and coriander).

Romans also used faba beans in sacrifices to the goddess Carna.

In the Middle Ages faba beans were consumed throughout Europe and they were the only beans known to Europeans before the discovery of America in 1492.

Faba beans are mentioned in several old herbals for example Gerard in the sixteenth century . Nicholas Culpeper, the seventeenth century astrologer/physician stated that,

"They are plants of Venus and the distilled water of the flower of garden beans is good to clean the face and skin from spots and wrinkles.... Flour of beans and fenugreek mixed with

honey, and applied to felons, biles, bruises, or blue marks by blows, or the imposthumes in the kernels of the ears, helpeth them all, and with rose leaves, frankincense, and the white of an egg, being applied to the eyes, helpeth them that are swollen or do water, or have received any blows upon them, if used in wine ".

It has often been mentioned in folk-lore. The bean in the fairy tale "Jack and the Beanstalk " may well have been a faba bean. In the fairy tale "The straw, the coal and the bean" by the Brothers Grimm we learn how the bean got her black stripe. She laughed so hard at the antics of the burning coal and straw as they fell into the river that she split her sides laughing. A tailor was passing and sewed her up but ever since then the bean has had a black stripe because the tailor used black thread for the stitching.

There is also an ancient custom of including a whole bean in a special cake baked especially on Twelfth Night (see recipe). The person who receives the piece with the bean in it, is proclaimed king for the night.

Faba beans are now cultivated in many temperate regions of the world and at higher elevations in some sub-tropical areas. They are now popular in many countries of Europe, North Africa, the Middle East, Egypt, Sudan and Ethiopia and in certain Far Eastern countries especially China which now grows almost two-thirds of the World's production of the crop. In Italy there is a 'fava' (faba) season in the spring - people out walking pick them wild and eat a few, raw. They were probably introduced into the New World by the Spanish but have never found great popularity there except in certain Andean countries of Latin America and Brazil.

The recipes in this book have been compiled and adapted from a wide variety of sources (see bibliography) many of which I have personally tested and can strongly recommend.

AVAILABILITY AND PURCHASING GUIDE

Faba bean seeds are very variable in shape and size from strongly compressed to nearly globular they can be white, green, yellow, buff, brown, purple, black or mottled. The most common for human consumption are buff or brown. Their botanical name is 'Vicia Faba' but can also be sold as Windsor beans, broadbeans, horse beans, field beans, tick beans, faba beans or pigeon beans.

They are available in a number of forms :

- | | |
|--|-----------------------|
| 1. Fresh in the pod | both types of dried |
| 2. Frozen, shelled faba beans | faba beans can also |
| 3. Dried large seeded faba beans) | be sold whole or |
| 4. Small seeded faba beans - the) | skinned(decorticated) |
| Egyptian 'ful madamas' | and split |
| 5. Tinned 'ful madamas' and green faba beans | |

Storage : Dried faba beans can be kept almost indefinitely. Frozen (see method), they can be stored for about one year. Tinned faba beans last well for up to five years as do bottled faba beans (see method). Once podded fresh faba beans can be stored, covered for 1 - 2 days in the fridge.

Nutrition : The dried faba bean contains about 25 % protein. The bulk of the seed is made up of carbohydrates (about 50 %) and it has less than 2 % oil. It also contains calcium and iron. Fresh faba beans are a good dietary source of protein and in addition contain the vitamins, riboflavin and vitamin C.

Basic Preparations : Very young beans are small and tender - such delicate pods can be cooked and eaten in the pods like a mange tout pea. More mature beans are shelled before cooking. A black line on the bean is a sign of age and toughness and are better skinned before serving.

To cook fresh faba beans put in a little boiling salted water with a little parsley or winter savory cook until tender - about 8 minutes when young but longer when older. Serve with melted butter and parsley, white sauce, cream, parsley or onion sauce (see recipes). Allow $\frac{1}{2}$ - $\frac{3}{4}$ lb (200 - 300 g) per person.

Dried faba beans should be soaked overnight in four times as much cold water as beans. The cooking time depends on the locality in which it was grown and its age. Small faba beans should be tender after boiling in water for 20-30 minutes and the larger seeded type take about 10 minutes longer.

1 tsp. = 1 teaspoon = 5 ml.

1 tbsp. = 1 tablespoon = 15 ml.

10 BOTTLE FABA BEANS

1. Choose very young fresh faba beans, pod them & blanch them in boiling water for 5 minutes, then strain.
2. Pack the beans into bottling jars.
3. Make a brine solution by boiling 1 tsp. salt to each 1 pint water.
4. Pour the boiling brine over, leaving 1-inch at the top of the jars free of the vegetables or liquid.
5. Put the lids on to the jars, give screw bands (if using) a half turn back to allow for the expansion of the glass.
6. Put 1 pint boiling water into the pressure cooker add 1 table-spoon vinegar (so the pan does not become discoloured).
7. Stand the jars on the trivet in the pressure cooker, make sure they do not touch each other or the sides of the pan.
8. Put on the lid and place on a low heat. Heat until all the air is expelled from the cooker, then heat for a further five minutes.
9. Place the 10 lb weight in position and bring to pressure. Maintain at pressure for 40 minutes.
10. At the end of the cooking time, move the cooker gently off the heat, do not touch the cooker until the pressure has dropped to room temperature.
11. Remove the jars and tighten the screw bands (if using).
12. Leave undisturbed overnight or for 24 hours, then test to see if the jars have sealed.

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To do this, remove the screwband or clip and make absolutely certain the lid is fast (remedy any faults and re-sterilize or eat the contents of faulty jars immediately).

13. Replace the clip or screwband loosely, greeze the inside of the screwband.
14. Store in a cool dry place.

When cooking bottled faba beans always heat for a minimum of 10 minutes.

TO FREEZE FABA BEANS

Pick the faba beans when they are young. Shell or cut them in their pod into 1 inch (2 cm) segments. Blanch in boiling water (to preserve their colour and flavour) for 2 minutes if small, or 3 minutes if large. Drain and cool quickly in cold water. Drain well. Pack in polythene bags or polythene containers. Freeze rapidly.

Thawing and cooking : plunge frozen in boiling salted water for 5-8 minutes.

Storage time : 12 months.

SOUPS

LA SOUPE AUX FÈVES

FRANCE

2 $\frac{1}{2}$ lbs (1 kg) fresh faba beans
 4 oz (100 g) fresh green peas,
 shelled
 1 stick of celery, sliced thinly
 12 very small white onions, peeled

Fricassée :
 bacon fat
 1 tbspn flour
 1 slice bacon
 1 clove garlic
 1 onion
 parsley or basil
 To serve : rye bread

Shell the faba beans then remove the skins. Bring about 3 pints ($1\frac{3}{4}$ l.) of water to the boil, salt it, and add the faba beans. Simmer. When the beans are half cooked, add about 4 ozs (100g) of fresh green peas, the onions and the celery.

In a separate pan make a fricassée : fry a slice of bacon chopped finely, an onion, a clove of garlic and some parsley or basil in bacon fat, when they are brown add flour, stir for a few minutes, add a ladleful of the soup and stir it continuously until the fricassée has thickened; then return the whole mixture to the soup. Cook for 10 more minutes.

Serve poured over slices of rye bread in the soup bowls.

FABA BEAN SOUP

1 lb ($\frac{1}{2}$ kg) faba beans (pods included)	salt and pepper for thickening :
1 onion, chopped	$\frac{1}{4}$ (250 ml) pint milk
$\frac{1}{2}$ oz (15g) margarine	$\frac{1}{2}$ oz (15 g) flour, corn-
1 pt. (500 ml) stock	flour or rice flour
1 tsp. mixed herbs	

Slice the faba beans thinly. Melt the margarine and add the beans & onions, cover the saucepan and shake it frequently over a gentle heat for 10 minutes.

Boil the stock and add it to the beans along with the mixed herbs.

Simmer the soup for $\frac{1}{2}$ to 2 hours until the vegetables are quite soft. Liquidize or pass through a sieve and return the soup to the saucepan.

Blend the flour or cornflour with the milk and add it to the soup, bring to the boil and stir for a few minutes. Taste and season before serving.

FUL NABED SOUP

EGYPT

- recommended for sick and convalescing people
to regain their health

1 lb (1/2 kg) dried skinned faba beans	3 tbsp parsley,
2 tbsp olive oil	chopped finely
salt and white pepper	juice of 1 lemon

Soak the beans for 48 hours. Drain them and put into a large saucepan with 3-4 pints (about 2 litres) water. Bring to the boil and simmer covered for 1 hour, or until the beans are soft. Press the beans and liquid through a sieve, blend in an electric blender or mash with a fork or potato masher.

Return the soup to the saucepan, add the oil, and season to taste with salt and pepper. Bring to the boil and simmer for a few minutes, adding more water if the soup is too thick.

Garnish with chopped parsley and a squeeze of lemon juice. Serve with bread.

RUSTIC SOUP WITH VEGETABLES

ITALY

1 lb ($\frac{1}{2}$ kg) faba beans	wild vegetables (wild chicory, thistles,
olive oil	wild mustard)
1 tsp salt	fried pepper, sliced sweet raw onion
	(optional)

Take 1 lb ($\frac{1}{2}$ kg) dried faba beans, soak them overnight. The next day put them in a saucepan with a generous amount of water, cover with a close - fitting lid. Bring to the boil and boil for about one hour. Remove any scum which forms with a slatted spoon. Repeat several times until no more froth is produced. Add salt and stir with a long wooden spoon; toss the saucepan every so often; add more water if necessary. When the faba beans look like curdled milk, add olive oil and stir.

Separately boil an abundant amount of salted water with wild vegetables (e.g. wild chicory, thistles, wild mustard etc.) until cooked. Drain. Arrange in a dish half faba bean mash and half vegetables. Pour a generous amount of olive oil over. If liked, add fried pepper and sweet raw onion, sliced.

LA POTÉE

FRANCE

- a French peasant dish of the Haute Marne region

12 small potatoes	2 lbs (1 kg) fresh green
12 small carrots	peas
6 small turnips	1 lb (1/2 kg) home cured
6 small onions	bacon, diced
2 lbs (1 kg) faba beans, fresh, in pod	heart of a young cabbage, cut in strips

Put the onions, potatoes, carrots, turnips and the diced bacon into a heavy saucepan, cover with water and simmer slowly for about an hour. Half an hour before serving add the shelled faba beans and peas. During the last five minutes add the cabbage.

 AIN DISHES
WITH MEAT

COUSCOUS

NORTH AFRICA

1 lb (500 g) lamb, cubed	2 or 3 potatoes
4 oz (100 g) lamb fat from the tail, chopped	4 artichoke hearts, or
1 oz (25 g) butter	1 cardoon foot
5 fl. oz (125 g) oil	2 tbsp. tomato purée
1½ lb (750 g) couscous	1 tsp. hot sauce
2 lb (1 kg) fresh faba beans	½ tsp. black pepper
4 oz (100 g) chickpeas, presoaked	½ tsp. chilli pepper
1 onion, chopped	pinch of cinnamon
2 small courgettes	pinch of ground rose hips
2 turnips	salt, to taste

Coat the meat and fat with the salt, black pepper, chilli pepper and the hot sauce. In a couscous pan fry the chopped onion in oil for a few minutes. Add the tomato purée with a glass of water and cook for 15-20 minutes.

Add the potatoes (whole), the faba beans, courgettes, turnips and artichoke hearts (or cardoon foot). Cover with water and bring to the boil.

Humidify the couscous by spraying cold water over it. Place in 'the couscoussier' (pan with holes in it like a sieve which fits on top of the 'couscous' pan) without pressing it down. Place the 'couscoussier' on top of the 'couscous' pan and steam the couscous for 30-40 mins (from the time it begins to steam). Remove the 'couscoussier' but leave the 'couscous' on the heat. Cool the couscous down with cold water, drain it and pour it onto a bowl or a tray. Separate each grain from one another by lifting it with the back of a wooden spoon.

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COUSCOUS ... cont'd...

Return the couscous to the 'couscoussier' and replace on the 'couscous' pan. Steam for a further half hour. Put the couscous into a serving dish.

With a ladle skim of the fat from the stew and add it to the butter, cinnamon and rose hips. Pour some of the liquid onto the couscous and mix. Add the rest to the stew, mix well adding more water to taste. Place in a separate serving dish. Leave it to rest a moment and serve.

Variation : the lamb and lamb fat can be replaced by a chicken, cut into pieces.

FABA BEANS AND BACON

U.K.

1 lb ($\frac{1}{2}$ kg) fresh faba beans, shelled
3 rashers bacon, chopped
1 oz (25 g) butter
1 small onion, chopped
salt and pepper

Cook the faba beans until tender in boiling salted water, drain. Melt the butter in a saucepan and fry the chopped onion gently until it becomes transparent. Add the bacon pieces and fry until crisp. Add the beans, season with salt and freshly ground black pepper, stir for a few minutes. Serve.

FABA BEAN AND DILL WEED MEATBALLS

IRAN

1 lb ($\frac{1}{2}$ kg) fresh faba beans, or	2 eggs, beaten lightly
8 oz (250 g) dried faba beans	1 tsp. salt
4 oz (100 g) rice	$\frac{1}{4}$ tsp. pepper
2 large onions	$\frac{1}{4}$ tsp. cinnamon
1 lb ($\frac{1}{2}$ kg) ground beef	2 tbsp. butter
6-8 tbsp. dried dill weed, or	1 can chicken broth
1 teacup fresh dill weed	2 tbsp. water

If using dried faba beans soak overnight in cold water. Then boil them in salted water until tender (about 1 hour).

Boil the rice in salted water for 10 minutes. Drain and set aside. If using fresh faba beans boil them in salted boiling water (about 20 minutes). Drain and refresh with cold water, remove skins. Grate one onion and mix it with the ground beef, peeled faba beans, rice, dill weed, beaten eggs, salt, pepper and cinnamon. Shape into balls.

Slice the remaining onion and sauté in the butter until golden brown. Add chicken broth and water. Bake covered, in the oven at 350°F for about one hour, turning occasionally.

The meatballs can also be simmered in a covered saucapan for about 1 hour.

LAMB, BROADBEAN AND CHICKPEA CASSEROLE (DIZI)

IRAN

- 2 lb (1 kg) shoulder of lamb (and a few bones) in 1-inch pieces
- 1 lb ($\frac{1}{2}$ kg) lamb shanks in 2-inch pieces
- 3 onions, quartered
- 6 oz (150 g) dried faba beans)
- 6 oz (150 g) dried chickpeas) soaked overnight in cold water
- salt and black pepper
- 1 x 15 oz tin of tomatoes or 1 lb ($\frac{1}{2}$ kg) peeled and chopped
tomatoes
- 1-2 lemons
- 1 tsp. turmeric & 1 finely chopped onion

Put the lamb in the bottom of a heavy casserole then the quartered onions and top with the drained faba beans and chickpeas. Cover with water and season with salt & freshly ground black pepper.

Bring to the boil quickly, and skim off any scum or foam. Reduce heat and simmer for $1\frac{1}{2}$ hours. Add the tomato, lemon juice and turmeric cover and simmer for about $1\frac{1}{2}$ hours until the beans and chickpeas are tender but whole. Add more water if necessary; the ingredients should be covered with water throughout the cooking time. Adjust seasoning. Stir in the finely chopped onion before serving.

Serves 4

MEFARKA

5 tbsp. oil	1½ tsp. mixed spices
1 lb (½ kg) fresh or frozen faba beans, shelled	(nutmeg, cinnamon, cayenne pepper and cloves)
salt & black pepper	
½ tsp. dried thyme	3 eggs
1½ lb ($\frac{3}{4}$ kg) beef, minced	juice ½ lemon (optional)

Mix 3 tablespoons oil with about one teacup of water in a saucepan. Add beans and thyme, season with salt and pepper to taste. Simmer gently until the beans are tender, adding more water if necessary.

Meanwhile, prepare the 'tatbila' or meat mixture. Heat 2 tablespoons oil in a deep frying pan or heavy casserole. Add the minced beef before the oil gets too hot. Add the mixed spices, salt and pepper and enough water to cover. Simmer until the meat is cooked and the water absorbed (the mixture should be quite dry).

Add the meat mixture to the beans and stir well, crushing lightly with a fork. Break the eggs into the pan and stir. Cook, stirring constantly until they are set. Cool in the serving dish, tasting to adjust the seasoning.

Serve cold sprinkled with lemon juice.

LUXEMBOURG FABA BEANS

2½ lb (1 kg) smoked collar bacon	2 oz (50 g) butter
joint	2 oz (50 g) onion,
1 bouquet garni	chopped
1 small onion	2 oz (50 g) plain
parsley	flour
½ tsp. dried savory	
1 lb (450 g) green shelled faba	
beans, fresh or frozen	
<u>or</u> 2 x 10 oz (2x300g) cans of	
green faba beans	

Cover bacon with cold water and soak for three hours. Drain and place in a large saucepan. Cover with fresh water and slowly bring to the boil. Drain and refresh with cold water, add the bouquet garni, peeled and quartered onion, parsley and savory. Cook for 65 minutes. Meanwhile cook the beans in boiling salted water for 10 minutes. Drain and reserve the cooking liquor.

Heat the butter in a small saucepan. Add the chopped onion and fry gently until soft. Mix in the flour. Cook for two minutes until golden then blend in 1 pint (500ml) of the bean water (or the water drained from the cans of beans and bacon water) and stir sauce over low heat until it thickens. Add beans and cook for 5 more minutes until heated through.

Serve the bacon in fairly thick slices with the beans.

Serves 4

FABA BEANS WITH LAMB (FULEEYEE)

SYRIA

 $\frac{1}{2}$ lb ($\frac{1}{4}$ kg) lamb, cubed

2 oz (50 g) butter

1 onion, diced

1 clove garlic, crushed

1 lb ($\frac{1}{2}$ kg) fresh faba beans,
shelled $\frac{1}{2}$ pt (250 ml) water

salt and pepper

Brown meat in the butter. Add onion and garlic and simmer until the onion is transparent. Add beans and water. Season to taste. Cover and cook for about 20 minutes until the beans are tender and the meat is cooked.

Serves 4

FABA BEANS WITH HAM

1 lb (100 g) lean ham, diced
 $\frac{1}{4}$
 2 tbs oil
 1 clove garlic
 1 small onion, chopped finely

2 lbs (1 kg) fresh faba
 beans, shelled
 $\frac{1}{2}$ pt. (250 ml) tomato juice
 $\frac{1}{8}$ tsp. dried basil
 salt and pepper, to taste

Fry ham in oil with a whole garlic clove and the finely chopped onion, for 5 minutes; remove garlic. Combine the shelled beans and tomato juice in a saucepan with a tightly fitting cover; season with basil, salt and pepper. Cover and simmer for $1\frac{1}{2}$ hours or more until the beans are very tender. Add more tomato juice, if necessary.

Serves 8

MHAMMAS BIL KHODRA (pasta with vegetables)

TUNISIA

6 oz (150 g) dried octopus, chopped	4-5 carrots, chopped
3 fluid oz (75 ml) olive oil	3-4 turnips, chopped
1 lb (500 g) pasta	half a medium-sized cabbage, chopped
4 oz (100 g) chickpeas	2 tbsp. tomato purée
4 oz (100 g) faba beans	½ tsp. hot sauce
1 onion, sliced	½ tsp. chilli pepper
1 oz (25 g) parsley, chopped	1 lemon
1 oz (25 g) celery	salt

Soak the chickpeas and faba beans in cold water overnight. Next day, fry the onion in hot oil until brown. Add the octopus pieces, add the soaked chickpeas and faba beans, the chopped parsley and celery also the carrots, turnips and the cabbage. Mix in the tomato purée, hot sauce, salt and chilli pepper. Simmer in $1\frac{3}{4}$ pints (1 ltr.) water until the vegetables are cooked. Pour over another $\frac{3}{4}$ pints ($\frac{1}{2}$ ltr.) of water, bring to the boil, add the pasta and cook until tender (15-20 minutes).

FABA BEANS - GERMAN STYLE

2 lb (1 kg) fresh faba beans	$\frac{1}{2}$ pint (250 ml) single
2 oz (50 g) streaky bacon, diced	cream
1 chicken stock cube	1 tbsp. parsley, chopped
2 onions, chopped	salt and pepper
3 tbsp. plain flour	pinch of grated nutmeg

Shell the beans and cook them in boiling, salted water until tender. Reserve $\frac{1}{2}$ pint (250 ml) of the cooking liquor, topping up with extra water if necessary. Dissolve the stock cube in it.

Fry the diced bacon and chopped onion gently together in a saucepan for about 10 minutes. Remove from heat and stir in the flour. Gradually stir in the stock. Return pan to the heat and cook gently for about 5 minutes, stirring constantly until sauce thickens. Remove from heat and season to taste with salt, pepper and nutmeg.

Stir in beans and cream and heat gently for five more minutes, stirring.

Serve garnished with chopped parsley.

Serves 4



**VEGETARIAN
MAIN DISHES
AND
VEGETABLE
DISHES**

FABA BEANS AND ARTICHOKEs

SICILY

12 oz (350 g) faba beans, unshelled	4 tbsp. water or white
12 oz (350 g) peas, unshelled	stock
4 small fresh artichokes or	salt and pepper
4 canned ones	pinch of grated nutmeg
4 tbsp. lemon juice	10 leaves of fresh mint
1 small onion, chopped	½ tsp. sugar) if ser-
2 tbsp. oil	2 tsp. vinegar) ving cold

Shell the beans and peas. If using fresh artichokes clean them, cut them into eights and place in a saucepan of boiling water to which the lemon juice has been added. Cook for 5 minutes.

Heat the oil in a saucepan or casserole, add the chopped onion and cook until transparent. If using fresh artichokes drain well and add to the pan. Cook for a few minutes, add the water or stock. Add the beans, peas, salt, pepper and nutmeg. Cover the pan and simmer gently for 30 minutes. If using canned artichokes, drain and cut into eights. Add to pan and continue cooking for 10 minutes. Stir in mint (some whole leaves and some chopped) and cook for 5 more minutes.

Serve warm or cold. If serving this dish cold, a few minutes before the end of cooking time, add sugar and vinegar with the mint. Stir well then transfer to a serving dish and leave until cold. Refrigerate for 30 minutes before serving.

CHILLI CON CARNE

This Mexican dish is normally made with red kidney beans, however faba beans make an interesting substitute.

1 lb ($\frac{1}{2}$ kg) ground or minced beef	$\frac{1}{2}$ pt. (250 ml) tomato juice
1 large onion, chopped	2 beef stock cubes
1 clove garlic, crushed	$\frac{1}{2}$ tsp. each of basil, oregano, cumin & thyme
1 green pepper, de-seeded & chopped	1 tbsp. chilli powder
$1\frac{1}{2}$ lb ($\frac{3}{4}$ kg) presoaked small faba beans	salt
$2\frac{1}{2}$ lb (1 kg) tomatoes, skinned & chopped (or 1 large tin)	

Brown the beef in a little oil, add the onion, garlic and green pepper and stir round for a few minutes. Add the rest of the ingredients and simmer, covered, for one hour, stirring occasionally. If dry add a little coffee.

FABA BEANS IN EGG CUSTARD

SCANDINAVIA

1 lb ($\frac{1}{2}$ kg) fresh faba beans
3 eggs
1 pint milk
1 tbsp. chopped parsley
salt and pepper

Boil the faba beans in salted water until tender.
Drain and put in a pie dish. Beat the eggs and milk together,
add the chopped parsley and season to taste, pour over the beans.
Cook in a moderate oven 350°F for about 20 minutes-until the cus-
tard is browned on top.

Serves 4

SYRIAN FABA BEANS

1 onion, diced	salt
1 clove garlic, chopped	8 fl. oz (200 ml) water
oil	2 tbsp. coriander or
1 lb ($\frac{1}{2}$ kg) faba beans, fresh	parsley, chopped

Brown onion and garlic in oil. Add faba beans, coriander, salt and water. Cook until the beans are tender. Drain and serve.

Serves 4

BURGHUL ZARI

TUNISIA

6 oz (150 g) burghul (ground wheat)	1 tsp. hot sauce
4 fl. oz (100 ml) olive oil	½ tsp. chilli pepper
8 oz (200 g) large, dried faba beans	½ tsp. powdered cumin
3 (or more) cloves garlic	1 lemon
2 tbsp. tomato purée	salt

Soak the beans overnight in cold water. The following day mix the burghul, oil and beans together and put into a saucpan with enough water to well cover. Cook for about an hour and a half. Add the tomato purée, chilli pepper and the whole cloves of garlic. Cook for a little longer. When the beans are tender crush them with a wooden spoon. Add the hot sauce and the powdered cumin. Mix, add salt to taste and the juice of the lemon. Serve hot.

FABA BEANS WITH BASIL

1 onion, sliced	3 stalks celery, sliced thinly
2 tbsp. olive oil	1 clove garlic
2 lbs. (1 kg) faba beans, shelled	1 tsp. basil
salt and pepper	

Fry the sliced onion in oil, add the beans and stir round for a couple of minutes, then add the rest of the ingredients with enough water to cover the bottom of the pan. Cover the saucepan and simmer for about 20 minutes until the beans are tender.

Serves 8

FUL MEDAMES

the 'national' dish of Egypt
but is also common in other Middle
Eastern Countries

1½ lb ($\frac{3}{4}$ kg) faba beans, small,	To garnish :
dry and soaked overnight	4 hard-boiled eggs (warm)
1½ tbsp. ground cumin	the juice of 2 lemons
4-6 cloves garlic, peeled and	chopped tomatoes
crushed	olive oil
4 onions, chopped	salt and pepper

Cover the soaked and drained beans with about two inches of water, add the cumin, garlic and some pepper and bake in the oven at 300°F for about three hours until the beans are soft and the sauce is thickened.

Serve garnished with crumbled eggs, lemon juice, onions, chopped tomatoes, olive oil and red pepper. Eat with Arabic (or pita) bread.

Can also be eaten cold with yoghurt and french dressing.

FABA BEAN PIE

NEW ZEALAND

2 lb (1 kg) young fresh faba beans	2 tbsp. milk
1 large onion, chopped finely	2 egg yolks, well beaten
$\frac{1}{2}$ tsp. dried sage	2 tbsp. grated cheese
$\frac{1}{4}$ tsp. Marmite or yeast extract	2 oz (50 g) fresh whole
3 tbsp. whole wheat flour	wheat breadcrumbs

Cook the beans, onions and sage in a little water. When the beans are nearly cooked add the marmite or yeast extract to the remaining water. Turn into a greased pie dish.

Mix the flour with the milk (until it is smooth) add the egg yolks and cheese and stir well. Spread the mixture over the beans, sprinkle the breadcrumbs over and bake in a moderate oven (350°F) for 30 minutes.

Serves 4

FABA BEANS IN POULETTE SAUCE

2 lb (1 kg) faba beans, shelled	Poulette Sauce :
1 oz (25 g) butter	3 open mushrooms
	1 small onion
To garnish : parsley sprigs	$\frac{1}{2}$ bay leaf
	$\frac{3}{4}$ pint (300 ml) chicken stock
	$\frac{1}{2}$ oz (15 g) butter
	$\frac{1}{2}$ oz (15 g) plain flour
	2 egg yolks
	juice $\frac{1}{2}$ lemon
	3 tbsp. double cream

Cook beans in boiling salted water until tender. Toss in the melted butter and keep warm.

To prepare sauce : finely chop the mushrooms and onion, put into a saucepan with a bay leaf and the stock and simmer for 10-15 minutes. Strain, reserve the cooking liquor.

Melt the butter in a saucepan, stir in the flour and cook for one minute stirring all the time. Remove from heat, and blend in the reserved cooking liquor. Return the pan to the heat and bring to the boil, stirring. Simmer for a few minutes.

Mix together the egg yolk, lemon juice, cream and parsley. Pour on a little of the sauce from the saucepan, stirring all the time, add this mixture to the sauce remaining in the pan and stir over a low heat for 1-2 mins. Do not allow to boil

Pour sauce over beans. Garnish with parsley sprigs.

Serves 4

FABA BEANS AND ARTICHOKEs

GREECE

2 lb (1 kg) faba beans	juice of 1 lemon
8 artichoke bottoms	2 tbsp. chopped parsley
1 tbsp. olive oil	salt and pepper
½ tsp. cornflour (cornstarch)	

Cook the faba beans and artichoke bottoms separately (or use canned artichokes). Strain and reserve 2 tablespoons of the cooking water. Heat the oil in a saucepan, stir in the cornflour, bean water, lemon juice and parsley. Simmer for 3 minutes more. Add the beans and artichokes and heat through gently.

Serve as an hors d'oeuvre or as a vegetable with roast lamb.

Serves 6-8

Variation : ½ lb (250 g) of chopped onion can also be added to this, fry in the oil until transparent before adding the cornflour.

FABA BEANS BÉCHAMEL

2 lb (1 kg) young fresh faba beans with pods, or	1 pint (500 ml) milk, bean water or stock
2 lb (1 kg) fresh shelled beans	1 tsp marmite or yeast ex- tract
1 onion, finely chopped (optional)	$\frac{1}{4}$ tsp. dried savory or fresh sprigs
2 oz (50 g) margarine or butter	salt
2 oz (50 g) flour	

Cook the beans in boiling salted water until just tender, then drain. Melt the margarine or butter in another saucepan (add the peeled and chopped onion, if used, and stew until golden brown). Add the flour and cook for a few minutes, stirring all the time, then gradually add the milk, bean water or stock; also add the savory, marmite or yeast extract and salt. Add the beans and stir until evenly covered with the sauce, heat up and serve.

FABA BEAN CASSEROLE

1½ lb ($\frac{3}{4}$ kg) large faba beans, fresh	2 oz (50 g) fat
1 large carrot	½ pt. (250 ml) stock or water
1 leek	
1 onion	1 tsp. dried savory or equivalent fresh
2 sticks celery	

Cook the shelled beans (or if the beans are young slice them in their pods) in boiling, salted water until just tender.

Peel and slice the carrot and onion, also slice the celery. Wash and cut the leeks into ½ inch (1½ cm) pieces. Melt ½ oz (15 g) of fat in a saucepan and stew the vegetables except the beans for about 5 mins. Add no water. Grease a casserole and put in alternate layers of beans and other vegetables, finishing with beans and putting the remaining fat between the layers. Mix the stock with the savory and a little salt and pour over the vegetables. Cook in a hot oven (400°F) for 35 minutes.

WINDSOR BEAN PUDDING

U.K.

1 lb ($\frac{1}{2}$ kg) boiled faba beans
salt and pepper
2 egg yolks
1 oz (25 g) butter

2 oz (50 g) white breadcrumbs
2 tbsp. single cream

Pound the boiled beans to a paste in a mortar or blend in a liquidizer. Season to taste with salt and pepper, add the egg yolks, softened butter and the breadcrumbs soaked in the cream. Tie the mixture in a floured cloth, place in boiling water and boil for 30 minutes. Squeeze out the water by pressing the cloth, and serve.

Alternatively bake the pudding for 30 mins in a moderate oven at 350°F.

BIZARA

EGYPT

1 lb ($\frac{1}{2}$ kg) small faba beans, dried	olive oil (or any other cooking oil)
$\frac{1}{4}$ oz (100 g) mulukhiyah, dried (jews mallow)	To garnish : onion, garlic and green coriander or parsley (optional)
salt and red pepper	
3 cloves garlic, crushed	

Soak the beans overnight. The following day remove the skins (if you have not been able to buy skinned faba beans). Put into a saucepan with water to cover and bring to the boil and cook until the beans are well done. Sieve or grind with a blender and return to the saucepan. Grind or rub the dried jews mallow in your hand until it is powdered. Add this to the puréed beans and cook for 5-10 minutes. Meanwhile fry the crushed garlic in a generous amount of oil (preferably olive oil) and stir into the mixture.

Serve hot or cold. A garnish of chopped onion, crushed garlic and chopped coriander or parsley, which have previously been fried together in oil, can be sprinkled over the dish before serving.

FABA BEANS IN WHITE SAUCE OR PARSLEY SAUCE

U.K.

1 lb ($\frac{1}{2}$ kg) young beans with pods or 1 lb shelled beans
1 tbsp. butter or margarine
1 tbsp. flour
1 pint (500 ml) milk (or $\frac{1}{2}$ pt. milk + $\frac{1}{2}$ bean water)
salt and pepper
a little grated cheese or 2 tbsp. chopped parsley

Shell the older beans or top & tail the younger ones, removing any strings & cutting them into one inch pieces. Drop them into boiling salted water. Cover and cook until almost tender. Strain the beans (& if liked) reserve $\frac{1}{2}$ pint (250 ml) of liquid for the sauce.

Melt the butter or margarine in a small saucepan and add the flour. Stir for a couple of minutes but do not brown. Slowly add the milk (or milk and bean water), stirring all the time, and cook until thickened. Add a little cheese and/or the parsley. Pour over the beans, stir gently, cover and put in a moderate oven to finish cooking.

Serves 4

A more luxurious version can be made with very young beans : merely top and tail them and pare them thinly down the sides. Cook them in unsalted boiling water until barely tender. Add salt and papper, a squeeze of lemon juice, chopped parsley, 2 oz (50 g) of butter and 3-4 tablespoons of cream. Heat through gently before serving.

FABA BEANS IN WHITE WINE

1 lb ($\frac{1}{2}$ kg) faba beans, shelled	$\frac{1}{4}$ pint (125 ml) chicken stock
2 tbsp. butter	sprig of marjoram, or
1 small onion, finely chopped	$\frac{1}{4}$ tsp. dried marjoram
4 tbsp. flour	salt and pepper
$\frac{1}{4}$ pint (125 ml) dry white wine	1 tsp. sugar

Melt the butter and cook the onion until transparent. Stir in the flour and cook for a minute. Add the wine and stock, chopped marjoram (or dried marjoram), seasoning and sugar. Add the beans. Bring to the boil and cook for 10 minutes.

12 small pearl onions
2 tsp. salt
 $\frac{1}{4}$ tsp. pepper
2 fluid oz (2½ tbsp.) water
3 tbsp. butter (or cream)

If using dried faba beans soak them overnight. Fresh ones should be shelled and their skins removed. Wash the lettuce, fresh thyme and parsley; shake of the excess moisture, and chop. Peel the onions, place them in a saucepan with the faba beans, lettuce, thyme, parsley, salt, pepper and water. Cover and simmer over low heat until cooked (about 30 minutes). Stir in the butter or cream before serving.

RICE WITH FRESH FABA BEANS

MIDDLE EAST

4 tbsp. oil	2 cloves garlic, crushed
1 large onion, finely chopped	$\frac{1}{2}$ -1 tsp. ground coriander
salt and black pepper	1 lb ($\frac{1}{2}$ kg) long-grain rice,
1 lb ($\frac{1}{2}$ kg) fresh shelled or	washed and drained
frozen faba beans	

Heat 2 tablespoons oil in a large heavy pan and fry the onion until soft and golden. Add the beans and sauté a little, turning them over and stirring. Cover with a little water and season to taste with salt and pepper. Simmer until the beans are just tender.

Fry the garlic and coriander in 2 tablespoons oil in a large frying pan. Add the washed and drained rice, and fry until transparent (not browned) add to the cooked beans together with enough water to make the liquid in the pan to $\frac{3}{4}$ pint (450 ml). Bring to the boil, cover and simmer gently for about 20 minutes (do not stir) - until the rice is cooked.

Serve hot with meat or cold with yoghurt and salad.

Variation : a version of this is served in Iran but 8 oz of dry skinned faba beans is used instead of the fresh ones. Butter replaces oil for frying and turmeric replaces the garlic and coriander.

TA'AMIA OR FALAFEL

EGYPT,
also common in other Middle
Eastern Countries

1 lb ($\frac{1}{2}$ kg) dried faba beans	1 bunch parsley, finely
2 spanish onions (red ones) grated	chopped
or finely chopped or 1 bunch spring	1-2 tsp. ground cumin
onions, finely chopped	1-2 tsp. ground coriander
2 large cloves garlic, crushed	$\frac{1}{2}$ tsp. baking powder
	oil for frying

Soak beans in cold water for 24 hours. Remove skins if this has not already been done. Drain, mince and pound them. Mix all ingredients together except oil, season to taste. Pass mixture through the fine blade of a mincer twice then pound. Let paste rest for at least $\frac{1}{2}$ hr.

Flatten walnut-sized lumps into round cakes $1\frac{1}{2}$ inches across. Let them rest for a further 15 minutes, then fry them in deep hot oil until rich golden brown.

Serve hot with salad and bread.

Variation : baking powder is sometimes replaced by $\frac{1}{2}$ oz fresh yeast ($\frac{1}{4}$ oz dried yeast) dissolved in a few table-spoons of lukewarm water.

TURKISH FABIA BEANS

5 fl. oz (125 ml) yoghurt

1 egg yolk

1 lb ($\frac{1}{2}$ kg) faba beans, shelled

1 clove of garlic, crushed

Cook faba beans in a little boiling water until just tender. Drain. Put in a pan with the yoghurt and garlic and heat through gently. Add the egg yolk and stir until slightly thickened, without boiling. Serve.

FABA BEAN KOOKOO

IRAN

1 lb ($\frac{1}{2}$ kg) dried faba beans	2 oz (50 g) butter
1 tsp. salt	6 eggs
1 large onion, sliced or	1 tsp. salt
4 spring onions, chopped	$\frac{1}{4}$ tsp. pepper
8 tbsp. dill weed, fresh or	$\frac{1}{2}$ tsp. baking soda
4 tbsp. dried, if available	

Soak the faba beans in water overnight. Add a little salt, cover and simmer gently until tender. Cool with cold water. Liquidize with a little of the cooking liquor, pass through a food mill or mash with a potato masher.

Sauté the onion in 2 tablespoons of the butter. Add the dill weed (if available). Beat the eggs well. Add the salt, pepper, baking soda, onion, and mashed beans. Mix well. Melt the remaining butter in a baking dish. Pour in the egg mixture and bake at 350°F for $\frac{3}{4}$ - 1 hour - until the bottom and edges are crisp and the top is golden brown. Invert to serve.

Serves 6

Variation : a similar dish "Eggah bi Ful Akhdar" is made in other countries of the Middle East but $\frac{3}{4}$ lb (300 g) of fresh or frozen faba beans replace the dried ones (and do not therefore need to be soaked). Omit the onion and baking soda. The beans are added whole to the beaten eggs (having been previously boiled in salted water until just tender). It can be cooked in a frying pan or in the oven. Garnish with chopped parsley. Serve cut in wedges like a cake.

METIN SHURO

ETHIOPIA

15 ladles peas	1 ladle sacred basil
7 ladles lentils	15 pods of cardomon seeds
7 ladles chickpeas	$\frac{1}{2}$ ladle cloves
7 ladles faba beans	$\frac{1}{4}$ ladle cumin
7 ladles red pepper	$\frac{1}{4}$ ladle bishop's weed
2 ladles fresh ginger	$\frac{1}{4}$ ladle cinnamon
2 ladles garlic	$\frac{1}{4}$ ladles black cumin
3 ladles red shallot	$\frac{1}{4}$ ladle black hidar filfile
$\frac{1}{4}$ ladle rue	$\frac{1}{4}$ ladles coriander
$\frac{1}{4}$ ladles savory	3 ladles salt
$\frac{1}{2}$ ladle Fenugreek	$\frac{1}{4}$ ladles "Kebebe Sine"

Clean the peas, lentils, chickpeas and beans and boil them in water for a few minutes. Drain, and roast each of the legumes separately. Dry them in the sun. When dry, grind them separately into half pieces. Pick out black parts. Mix all the legumes. Prepare red pepper and mix in. Pound fresh ginger, garlic, red shallot, rue and savory together. Dry in the sun.

Roast the funugreek for a short time. Dry the sacred basil in the sun. Roast the remaining spices for a short time. Mix the pea mixture with the salt and add the remaining spices. Grind this into course spices. Grind the whole mixture very finely and keep to use a little at a time. Keeps indefinitely in a dry place.

NOTE: 1 ladle = 10 tbsp.



FABA BEAN SALAD

SYRIA & LEBANON

1 lb ($\frac{1}{2}$ kg) faba beans, dry	2 tomatoes quartered
1 onion, chopped	1 tsp. mint chopped,
1 clove garlic, crushed	fresh or dry
	2 tbsps. lemon juice

Soak beans overnight in cold water. The following day drain and rinse, cover with cold water and boil for 1 hour. Cool, then add onion, garlic, tomatoes, mint and lemon juice. Serve cold.

Serves 4

AIGROISSADE:

FRANCE

8 oz (200 g) new potatoes	3 cloves garlic, crushed
4 oz (100 g) small carrots	6 tbsps mayonnaise
8 oz (200 g) shelled faba beans	6 tbsps natural yoghurt
4 oz (100 g) french beans	salt & black pepper
14 oz can (400 g) artichoke bottoms chopped	Garnish: chopped parsley
4 ozs (100 g) chickpeas (soaked and cooked)	

Peel the potatoes and carrots and dice, cook in boiling salted water until almost tender. In a separate saucepan cook until tender the shelled faba beans and the top, tailed and sliced french beans. Drain and cool, mix together all these vegetables along with the chopped artichoke bottoms and the chickpeas. Mix together the crushed garlic, yoghurt and mayonnaise (preferably home-made) and add to the vegetables stirring gently with a wooden spoon. Garnish with chopped parsley.

FABA BEAN & SALAMI SALAD

Rub the salad bowl with a cut clove of garlic.
Mix diced salami and cooked faba beans together. Toss
in oil & vinegar season well.

FABA BEAN SALAD

1 lb ($\frac{1}{2}$ Kg) fresh faba	1 tbs parsley, chopped
beans, shelled	1 tbs wine vinegar
1 tsp paprika	3-4 tbs olive oil
1 tsp mustard	
1 clove garlic, crushed	
salt & pepper	

Cook the beans in boiling water until tender.
Mix the paprika, mustard, garlic, parsley, vinegar, oil
and seasoning together. Add the beans and toss them in
the mustard dressing.

FABA BEAN AND CUCUMBER SALAD

½ lb (250 g) faba beans, fresh	dressing : garlic,
1 cucumber, large (or 3 small cucumbers)	lemon juice, salt,
	pepper & oil
fresh herbs	

Shell the faba beans. Slice the cucumber into thin rounds or small cubes. Mix beans and cucumber, sprinkle with fresh herbs and season with dressing. If preferred mix with 1 pounded hard-boiled egg yolk, the chopped white and a little top of milk.

Alternative : add a few shrimps for a light meal.

FABA BEAN & YOGHURT SALAD

1 lb ($\frac{1}{2}$ Kg) faba beans fresh	4 oz (100 ml) yoghurt
in the pod	to garnish : lemon slices
lemon dressing	1 tbsp. chopped chives
salt, pepper & sugar	
1 lettuce	

Wash beans and if tender enough, top & tail & slice in their pods into $\frac{1}{2}$ " lengths (otherwise remove beans from pods). Cook in a little boiling water until tender. Drain & toss hot beans in lemon dressing; allow to get quite cold, basting from time to time. Serve piled up on lettuce leaves topped with yoghurt. Garnish with lemon slices & a sprinkling of chopped chives.

Lemon dressing:

1 lemon	salt & pepper
$\frac{1}{2}$ tsp. french mustard	$\frac{1}{2}$ tbsp. sugar
	6 tbsp. oil

Peel lemon thinly using potato peeler; snip peel into thin shreds; squeeze juice. Whisk or liquidize together lemon juice, mustard, sugar, salt, pepper & oil.
Add shredded peel.

4 BEAN SALAD

- 1 can chickpeas (drained)
- 8 oz (227 g) cooked fresh faba beans
- 8 oz (227 g) soaked and cooked whole lentils
- 1 can red kidney beans (drained)

Mix together :-

- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup white vinegar
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{2}$ cup chopped celery
- $\frac{1}{2}$ cup chopped green pepper

After mixing the vegetables pour the liquid mixture over them and refrigerate overnight. Serve chilled.

Serves 6-8

COURGETTE, FABA BEAN & TOMATO SALAD

- 2 lb (1 kg) courgettes
- 1 lb ($\frac{1}{2}$ kg) faba beans, fresh (weighed after podding
or frozen)
- 1 lb ($\frac{1}{2}$ kg) tomatoes
- 6 tbsp. french dressing
- 1 tsp. salt

Slice the courgettes and put them in the pan with the faba beans. Cover with boiling water, add salt and boil for 3 minutes. Drain cooked beans through a colander and rinse with cold water to freshen. Next skin the tomatoes (cover with boiling water, count 12 & replace with cold water to prevent them from softening). Peel and quarter the skinned tomatoes then scoop out all the seeds (& use for soup or sauces). Add tomato to the other vegetables with the French dressing and turn carefully to coat thoroughly.

French dressing :

- $\frac{3}{4}$ pt. (375 ml) salad oil)
- $\frac{1}{4}$ pt. (125 ml) wine or cider vinegar)
- $\frac{1}{4}$ salt & freshly ground black pepper) mix together
- 1 tsp. Worcestershire sauce)
- 1 tsp. French mustard)

serves 14

THREE BEAN SALAD.

6 oz (150 g) red kidney beans) Soaked overnight, cooked
6 oz (150 g) haricot beans) and drained
6 oz (150 g) faba beans, dry)
1 onion, chopped finely.
oil & vinegar
black pepper and salt.
garnish: chopped parsley

Mix the cooked kidney beans, haricot beans and faba beans, add the chopped onion. Add the oil and vinegar dressing and season to taste with salt and pepper.

Garnish with chopped parsley.

MISCELLANEOUS

- WINE

- CAKE

- SNACKS

- PATÉ

FABA BEAN WINE

Recipe for a traditional old English country wine :

$4\frac{1}{2}$ lb (2 kg) shelled green faba beans, too old and "black in the eye" for normal use

9 oz (250 g) chopped sultanas

1 lemon

$2\frac{1}{4}$ lb (1 kg) white sugar

7 pints (4 ltr.) water

cereal yeast and yeast nutrient (ammonium phosphate + vit. B₁)

Boil the beans and the thinly pared lemon rind in the water for one hour, then leave to cool. Strain the liquor on to the chopped sultanas, add the lemon juice, nutrient and active yeast. Ferment in a large covered vessel for five days, pressing the fruit down daily. Strain out and press the sultanas, stir in the sugar, pour the must into a fermentation jar, fit an air lock and ferment out. Decant or syphon into a clear jar, add one crushed Campden tablet and when clear decant again. Mature the wine for nine months before bottling and serve it cold and dry.

TWELFTH NIGHT CAKE

ENGLAND

Once traditional on Twelfth Night (6th January). A whole dried (faba) bean was put into the cake for luck; the person who was served the slice containing the bean was proclaimed 'King Bean' for the night. In another version, both a bean and a pea were put into the cake. The man who found the bean was King and the girl who found the pea was Queen. If the bean was found by a girl, she could choose the King and if the pea was found by a man, he named the Queen.

4 eggs	2 oz (50 g) almonds, blanched &
$\frac{1}{2}$ lb ($\frac{1}{4}$ kg) butter	chopped
$\frac{1}{2}$ lb (") sugar	$\frac{1}{2}$ tsp grated nutmeg
$\frac{1}{2}$ lb (") plain flour	2½ fl. oz (60 ml) brandy
1 lb ($\frac{1}{2}$ kg) currants	1 dried faba bean & (1 dried
3 oz (75 g) chopped candied peel	pea, optional)

To garnish : Royal icing
crystallised fruits

Beat the eggs thoroughly over a pan of warm water; cream the butter and sugar until light and fluffy and gradually beat in the eggs. Carefully fold in the sifted flour and blend well before adding the currants, peel, almonds and nutmeg; blend in the brandy to give a soft dripping consistency. Add the bean (and the pea, if using).

Spoon the cake mixture into a 9" - 10" (about 24 cm) pan, double-lined with greaseproof paper; level the top and bake.

Turn out and leave the cake to cool; cover with Royal icing and before it sets, decorate with pieces of crystallized fruit.

FRIED CRISPY FABA BEANS

Soak beans in cold water overnight and remove the skins. Split the beans. Dry them. Fry in hot oil until golden brown. Drain on absorbant paper and sprinkle with salt.

Serve as a snack.

The beans can also be roasted instead of fried but sprinkle them with salt before roasting.

BROAD BEAN AND LENTIL PATÉ

EGYPT

8 oz (250 g) dried broad beans

2 tbsp. red lentils

2½ pints (1 $\frac{3}{4}$ l) water

2 tbsps fresh lemon juice

salt

4 tbsps olive oil

1 clove garlic crushed

To garnish : a sprig of parsley (or coriander) & paprika.

Soak the broad beans and lentils overnight in the water. Cook under 15 lbs pressure for 20 mins - the beans should be soft and the water absorbed. Mash with a fork and add salt, garlic, lemon juice and olive oil to taste (2 tbsps lemon juice and 3 tbsps oil is about right)

Put into a dish & pour over about one tablespoon of olive oil, sprinkle with a little paprika and place a sprig of parsley (or coriander on top). Serve as you would paté with bread, rusks or cheese biscuits.

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