

ZAYTOUN RECIPES

Braised broad beans in their shells, with chilli and garlic

Chefs Yotam Ottolenghi and Sami Tamimi share one of their favourite Bethlehem dishes

The brilliance of these dishes lies in the way they take a few humble staples – wheat, rice, lentils, broad beans, chicken, chickpeas – and transform them into something fresh through the clever use of key aromatics – and, of course, liberal quantities of olive oil.



Photograph: Johanna Parkin for the Guardian. Food styling: Claire Ptak

Using Zaytoun's organic olive oil brings an authentic taste of Palestine to this dish using fresh and tender broad beans – no need to pod them as when cooked, the contrast between skin and bean is a revelation. A lemony tahini sauce would be a good condiment for this dish: drizzle some over the beans when serving. Or add a generous dollop of Greek yoghurt to temper the heat and add some welcome richness. Serves four, as a mezze or side dish.

PREPARATION METHOD

- Top and tail the beans, then pull away the fibrous threads on the sides of the pod and chop into 5cm pieces.
- Add the oil to a large saute pan for which you have a lid, and place on a medium-high heat.
- Once hot, add the chilli and garlic, and fry for two to three minutes, until the garlic starts to turn golden.
- Add the beans, half a teaspoon of salt and a good grind of black pepper, and stir through for a minute.
- Add 60ml water, turn down the heat to low, cover and leave to simmer slowly for 45 minutes.
- Remove from the heat, stir through the coriander, lemon juice and cumin seeds, and serve.

Rooted in Time
& Tradition



INGREDIENTS

Serves 4

- 500g young broad beans in their pods
- 80ml Zaytoun organic olive oil
- 1 large chilli, cut in half lengthways, deseeded and finely chopped
- 10 garlic cloves, peeled and crushed
- Salt and black pepper
- 5g coriander leaves, roughly chopped
- 1 tsp lemon juice
- 1 tsp cumin seeds, toasted and roughly crushed



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