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CIHEAM X BEANS META NETWORK

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# MEDITERRANEAN RECIPES WITH PULSES





# LABLABI TUNISIEN



1h50



4 persons



## AROUA'S RECIPE

You can find this recipe on [bennasafi.com](https://bennasafi.com)



## INGREDIENTS

- 400 g of chickpeas
- 2 tbsp of harissa
- 2 eggs
- Shredded tuna
- 4 cl of olive oil
- Capers
- Black olives
- 1 tsp of salt
- 2 tsp of cumin
- 4 garlic cloves
- Stale bread
- 1 tsp of baking soda
- 1 lemon
- 3 L of water

## PREPARATION

1. The day before, place the chickpeas in a container. Cover with water and add the baking soda. Let them soak overnight. The next day, drain the chickpeas and rinse them thoroughly.
2. In a saucepan, add the chickpeas. Pour in water, add a teaspoon of salt, and let them cook.
3. Crumble the bread into a bowl according to your preference, then add the cooked chickpeas. Garnish with harissa, lemon juice, cumin, chopped garlic, olive oil, an egg, tuna, olives, and capers.
4. Mix well and serve hot.







*BULENT'S RECIPE*

## INGREDIENTS

- 2 cups of boiled chickpeas (peeled)
- Half a tea glass of tahini
- 2 lemons
- 3-4 garlic cloves
- Ground cumin
- Salt
- 1-2 tablespoons of olive oil
- 3-4 tablespoons of water

# TURKISH HÜMMUS



40 minutes



6 persons



## PREPARATION

1. Put the lemon juice and tahini in the blender and mix until the tahini turns into a spreadable paste.
2. Add the boiled and peeled chickpeas, garlic, olive oil, and spices (I added 3-4 garlic cloves).
3. Finally, adjust the consistency with water.
4. Blend the chickpeas several times until they are completely mashed. The smoother it is, the easier it will be to spread on bread.





## INGREDIENTS

- 500 g of peeled dried fava beans
- Water
- Oil
- Chicory
- Boiled turnip greens
- Peppers

## FAVE E FOGLIE



30 minutes



2 persons



*THE RECIPE OF TEODORO'S AUNT*

## PREPARATION

1. Rinse the beans thoroughly and cook them in water over very low heat in a saucepan with a pinch of salt. NEVER stir them.
2. When a white foam starts forming on the surface, remove it with a wooden spoon until there is no more foam, but do not stir.
3. When the beans start to crumble on the surface, it means they are cooked. Turn off the heat and, using a wooden spoon, start mixing while slowly adding a generous amount of olive oil.
4. Add salt.
5. Cook the vegetables separately in salted water and, once drained, serve them with the fava bean purée, a drizzle of olive oil, and two slices of toasted bread.

Note: The fava beans should NEVER be passed through a sieve but mixed and pressed against the sides of the pot with a spoon. If some whole pieces remain, that's perfectly fine—even better!







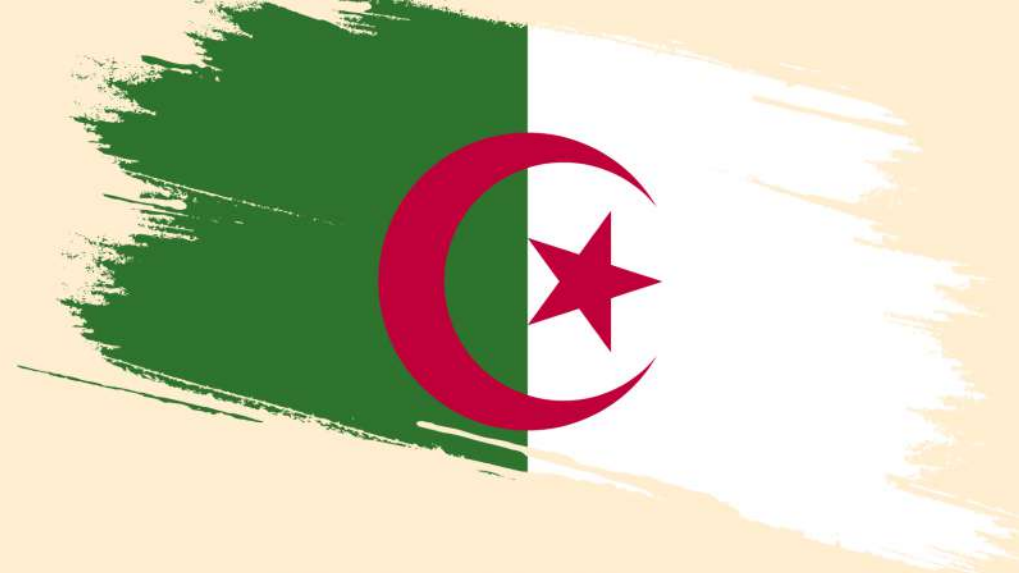
# Karantita algérienne



1h30



6 persons



## YASMINE'S RECIPE

You can find this recipe on [TikTok du chef Mohamed Cheikh](#)

## INGREDIENTS

- 250 g of chickpea flour
- 750 g of warm water
- 250 cl of whole milk
- 1 egg
- A pinch of cumin
- A drizzle of olive oil
- Fine salt
- Black pepper

## PREPARATION

1. Mix the chickpea flour with a drizzle of olive oil, salt, and a bit of pepper.
2. Pour in the warm water, mix, then add the milk and the egg.
3. Add the ground cumin.
4. Pour the mixture into an oiled baking dish and bake for 30 minutes at 200°C.  
(According to Chef Mohamed Cheikh's advice, turn the dish halfway through baking.)
5. Serve in bread with harissa!





## AUDREY'S RECIPE

You can find this recipe on [Damas, saveurs d'une ville](#), M. Fadel, R. Schami

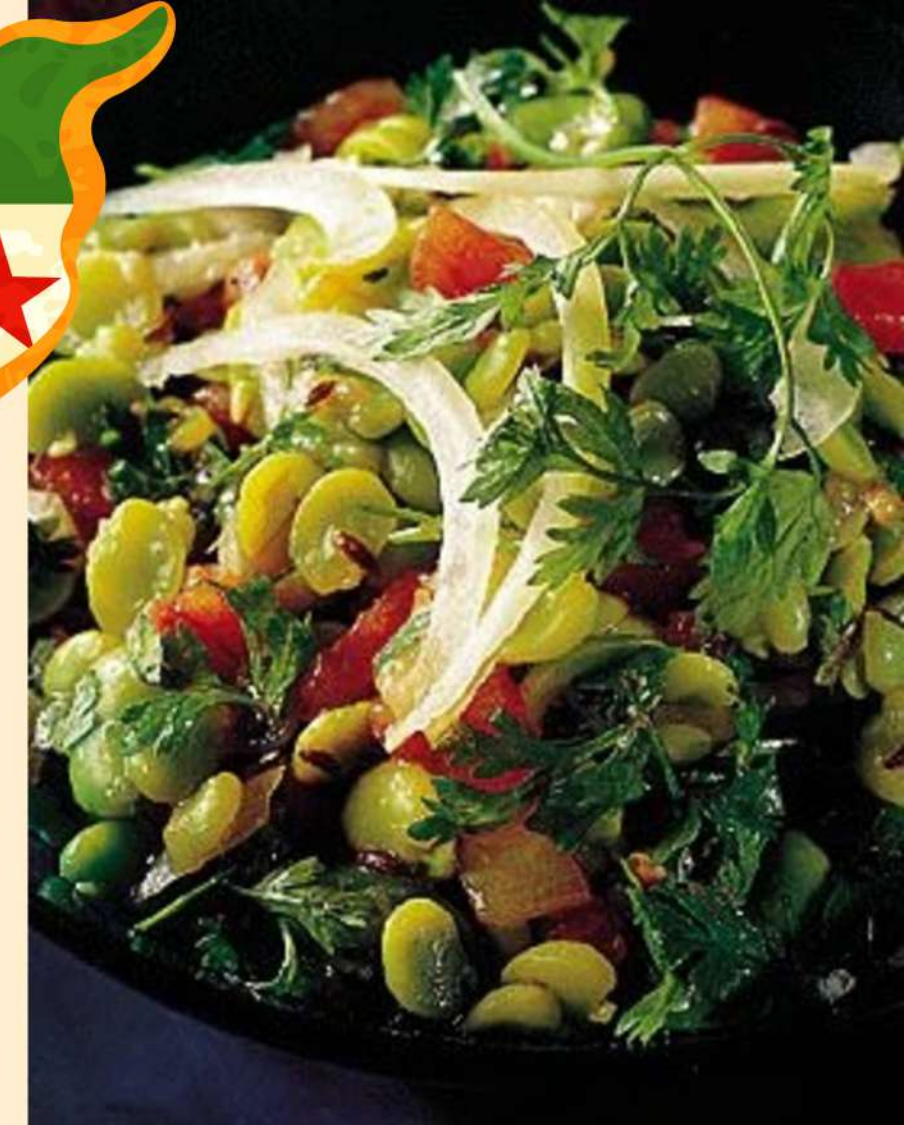
# FOUL



3 hours



2 persons



## INGREDIENTS

- 250 g of dried fava beans
- 1 small onion or 1 shallot
- 2 lemons
- 1 small bunch of flat-leaf parsley
- 2 ripe but firm tomatoes
- 1 garlic clove
- 1/2 tsp of cumin
- 1 tsp of salt
- Coarsely ground black pepper
- 100 ml of olive oil

## PREPARATION

1. Wash the fava beans and sort them to remove any small stones. Then, soak them overnight in 2L of water.
2. The next day, bring to a boil and cook for 2 hours on very low heat.
3. Peel and finely chop the onions, then set them aside.
4. Juice the lemons.
5. Remove the stems from the parsley leaves, wash them, and finely chop.
6. Wash the tomatoes, remove the stem, seed them with a knife, and cut the flesh into small cubes. Place them in a bowl.
7. Once the fava beans are cooked (the skin might be a bit firm, but the inside should be soft), remove them with a slotted spoon, let them drain, and place them in a large bowl.
8. Add the crushed garlic, onion, lemon juice, and salt, and gently mix everything together.
9. Add the parsley, tomatoes, season with cumin and pepper, and pour in the olive oil.
10. Serve with crispy white bread and hot black tea.





# TURKISH RED LENTILS SOUP



30 minutes



4 persons

## INGREDIENTS

- 2 cups of red lentils
- 1 onion
- 2 tablespoons of flour
- 1 carrot
- Half a tablespoon of tomato paste
- 1 teaspoon of salt
- Half a teaspoon of black pepper
- 2 liters of hot water
- 5 tablespoons of oil

## PREPARATION

1. For the red lentil soup, heat the oil in a pot and sauté the sliced onions until they become slightly golden. Then, add the flour and continue cooking on low heat. Add the tomato paste, and once roasted, add the diced carrot and the washed and drained red lentils. Add water, stir, and cover the pot.
2. Cook the soup over medium heat until it starts to boil, then reduce the heat and cook, stirring occasionally, until the red lentils and carrots become tender.
3. Once the soup is cooked, blend it well using an immersion blender.
4. Add black pepper, salt, and stir. Cook for another 5 minutes and remove from the heat.
5. If the consistency is too thick, add a bit of water and bring it to a boil for a while.
6. Once the red lentil soup is served, you can add lemon (optional).



*BULENT'S RECIPE*





## INGREDIENTS

- 300 g of unpeeled brown lentils
- 300 g of coarse bulgur
- 2 tsp of salt
- 1 tsp of pepper
- A pinch of coriander
- 250 ml of olive oil
- 3 large onions
- 300 ml of sunflower oil (for frying)

# MUTADDARA



45 minutes



4 persons



## AUDREY'S RECIPE

You can find this recipe on [\*Damas, saveurs d'une ville\*](#), M. Fadel, R. Schami

## PREPARATION

1. Wash the lentils and place them in a pot. Cook for 20 minutes in about 1.5L of water.
2. Add the washed bulgur, salt, and spices, then stir.
3. Add just enough water to cover the mixture. Bring to a boil, then cook for 10 minutes on low heat.
4. Remove from the heat and let the pot sit covered for 5 minutes. Then, slowly drizzle in the olive oil and let it rest for another 50 minutes.
5. Fry the sliced onions in sunflower oil over medium heat until they become crispy.
6. Once drained, serve the crispy onions on a plate with the mujaddara.
7. You can also serve it with a mixed salad, pickled vegetables, or a bit of yogurt.





*FOR THE MORE EXPERIENCED AMONG YOU, FIND LEGUME-BASED RECIPES CREATED  
BY GREEK CHEFS AS PART OF THE BIOVALUE PROJECT.*

# **Biovalue**



*LE LIVRE COMPLET DES RECETTES ICI*





## INGREDIENTS

- 300 g of dried chickpeas
- 100 g of prunes
- 3 medium-sized carrots
- 100 g of onion
- 1 bunch of parsley – 55 g
- 100 ml of olive oil
- 50 g of dried apricots
- 200 ml of tomato juice
- 1 tablespoon of buckwheat flour
- Himalayan salt and ground pepper to taste

## PREPARATION

1. Rinse the chickpeas in a fine-mesh strainer under running water, then transfer them to a medium-sized pot.
2. Add water and let them soak overnight.
3. The next day, drain the chickpeas and return them to the pot.
4. Pour boiling water over the prunes and let them soften for 10 minutes.
5. Chop the carrots, onion, and parsley.
6. Add water to the pot with the chickpeas and bring to a boil over medium-high heat.
7. Reduce the heat to maintain a gentle simmer, add salt, and stir occasionally, until the chickpeas are tender (about 30 minutes). Add more water as needed to prevent the mixture from drying out.
8. Heat the oil in a large pan over medium heat. Sauté the onion and carrots until they are softened.
9. Add the cooked chickpeas, prunes, and apricots to the pan. Lower the heat to medium-low and season with Himalayan salt and tomato juice.
10. Let it simmer covered for 20 minutes over medium-low heat.
11. Add the diluted buckwheat flour and cook for another 10 to 15 minutes.
12. Adjust the seasoning to taste and serve in bowls, garnished with fresh parsley.

## CHICKPEA STEW



30 minutes

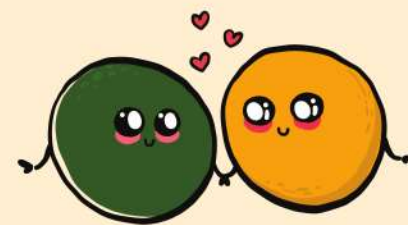


4 persons



## INGREDIENTS

- 300 g of red lentils
- 200 g of brown rice
- 1 bunch of parsley – 55 g
- 4 to 5 pickled peppers
- 4 to 5 pickled cucumbers (Armenian cucumber)
- Himalayan salt, balsamic vinegar, oregano, to taste



## LENTILLES EN APPÉRITIF



30 minutes



4 persons

## PREPARATION

1. Clean and wash the lentils, then soak them in cold water overnight.
2. Wash the rice and finely chop the parsley.
3. Dice the pickles and peppers into small pieces.
4. Place the lentils in a fine-mesh strainer and rinse them under running water, then transfer them to a medium pot.
5. Add water and bring to a boil over medium-high heat.
6. Reduce the heat to maintain a gentle simmer, add salt, and stir occasionally until the lentils are tender (about 25 to 35 minutes).
7. Drain the lentils and return them to the pot to cool for about 5 minutes.
8. Cook the rice in salted water until fully tender.
9. Mix the rice with the red lentils, add the peppers, pickles, and spices, then stir well.
10. Bake in the oven at 180°C for 45 minutes.

