

When you eat breakfast in Egypt it is likely that this is what you will be served. In fact, it has been served in Egypt since the time of the Pharaohs and is virtually unchanged to this day! Ful Medammes are made from very slow cooked fava beans (broad beans). They usually take hours and hours in a slow cooker, but canned ful medammes are filling, healthy, and very, very speedy.

1 egg

Olive oil

1 Onion (cut into small pieces)

1 clove of garlic (finely chopped)

1 teaspoon ground cumin

1 can Ful Medammes (Egyptian Recipe)

salt

fresh mint & coriander (roughly cut up together)

1 lemon (cut into wedges)

fresh Pita bread

1. First get your egg organised—boil the egg by your usual means or the following: Heat enough water in a pot to cover your egg. Heat it until it boils. Take the pot off the heat, gently add your egg with a spoon. Put back on a medium heat and keep it just boiling for eight minutes. Then tip out the water and cool quickly using cold water. Leave the egg to cool in the cold water.
2. Heat over medium heat some olive oil in a pot, then add the onion and garlic and the ground cumin. Gently cook until the onion is translucent.
3. Add the can of Ful Medammes. Bring to the boil. Taste. Add salt until you can taste all the flavours including the onion and the garlic. Add a little more olive oil.
4. Peel the egg and roughly chop.

Now you are ready to serve your Ful Medammes.

5. On plate put your pita bread, the Ful Medammes, the rough cut fresh herbs, egg pieces and wedges of lemon so you can squeeze lemon juice over it all.
6. Tuck in—fantastic.

