



EGYPT

BREAKFAST

PRINTABLE RECIPE PDF

Egyptian Ful Medames

Ful Medames is a beloved traditional Egyptian dish made from fava beans, often consumed for breakfast. It has a rich history, dating back to pharaonic times, and

PREP

15 min

COOK

45 min

SERVINGS

4

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 2 cups fava beans - dried, soaked overnight
- 1 cup water - for cooking
- 3 tablespoons olive oil - extra virgin, for drizzling
- 2 cloves garlic - minced
- 1 teaspoon ground cumin
- 1 lemon juice - freshly squeezed
- 1 teaspoon salt - to taste
- 1 teaspoon pepper - to taste
- 1 cup fresh parsley - chopped, for garnish
- 4 eggs hard-boiled - optional, for serving
- 4 pitas for serving - freshly baked or warmed

WHY THIS WORKS

About this recipe

A printable Egyptian Ful Medames recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Ful Medames is a beloved traditional Egyptian dish made from fava beans, often consumed for breakfast. It has a rich history, dating back to pharaonic times, and is considered a staple dish that reflects the heart of Egyptian cuisine.

METHOD

Step-by-step instructions

1

Rinse the soaked fava beans and place them in a pot with water. Bring to a boil, then reduce to a simmer for about 45 minutes or until the beans are tender.

2

Once cooked, drain some of the excess water if necessary, and mash the fava beans slightly. Stir in olive oil, minced garlic, ground cumin, lemon juice, salt, and pepper. Mix well to combine.

3

Serve hot, garnished with chopped parsley and drizzled with more olive oil. Optionally, add sliced hard-boiled eggs on top and serve with warm pita bread.

CHEF'S TIP

For an authentic touch, use a traditional Egyptian clay pot (called a 'tagine') if available to simmer the beans, which enhances the flavor.

NUTRITION PER SERVING (EST.)

Calories	350 kcal	Fat	10 g
Protein	15 g	Fiber	12 g
Carbohydrates	45 g	Sodium	400 mg

SERVING SUGGESTION

Serve Ful Medames warm, accompanied by fresh pita bread, sliced tomatoes, and a side of pickled vegetables for a complete breakfast experience.

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