

Besara

Itsi Weinstock - adapted from Hassan M'Souli

June 16, 2020

Preparation 1

1. Thoroughly rinse 250g of **dried peas**, then drain.
2. Crush 5 cloves of **garlic**.

Cooking 1

1. Add 120mL **olive oil** and the **garlic** to a small pot. Bring the temperature to medium, gently frying the garlic for 2 minutes.
2. Add the **dried peas**, gently frying for 3 further minutes.
3. Add 1 tsp **dried mint** and 1/2 tsp **cumin powder**, mixing in for 20 seconds.
4. Add water to cover the peas, bring to a simmer with the lid on for around 30 minutes, stirring and topping up with water when necessary.
5. When the peas are almost cooked to your liking (with some texture up to completely mashed), mix in 1tbsp of **harissa paste** and cook for 5 more minutes. During this time, reduce or add water to get desired dip consistency.
6. Add 1tsp of **sumac**, and salt and more cumin powder to taste.
7. Serve sprinkled with more sumac.

Servings: 2

Ingredients:

| | |
|---------------------|-------------------------------|
| 250 g (1 & 1/4 cup) | dried peas |
| 5 cloves | garlic |
| 1 tbsp | harissa paste |
| 1 tsp | dried mint |
| 1 tsp | cumin powder |
| 2 tsp | sumac |
| 120 mL | extra virgin olive oil |