



BESSARA

Serves 4

Ingredients

250 grams dried green peas (or use green split peas)
4 cloves garlic
About 125 millilitres of good quality olive oil
1 ½ teaspoons cumin
Paprika
Salt, to taste

Method

Put the peas in a bowl and pour in enough water to just cover, then let 'em soak overnight. Drain, skin (if they haven't been already), rinse well, and toss into a pot. Peel the garlic cloves and add to the pot with the olive oil, a teaspoon of cumin, and the paprika. Pour in cold water until the peas are covered, top with a lid, and cook until the peas are splitting apart (about an hour). Turn off the flame, and let the bessara cool a bit before tipping into a blender and blitzing until smooth. Pour back into the pot, and grab a small glassful of water. Mix in another pinch of paprika and ½ a teaspoon of cumin, and pour the spiced water into the soup. If you'd like a thinner soup, feel free to add more water. Stir and cook for another 3-5 minutes. Ladle the bessara into bowls and top with olive oil, a sprinkle of cumin, and salt to taste. Serve warm with khobz.

Notes:

- Bessara is a traditional Moroccan winter soup. However, by simply adding less water while cooking, this recipe makes for a delicious dip to be eaten during the warmer months. Serve warm or chilled topped with smoked paprika, lemon juice, salt, and olive oil. Dip in a variety of sliced veggies, bread, or pita chips.
- Fava beans can be substituted for peas, or used in combination. No matter how you prepare this dish, be sure to use good quality olive oil as its rich, almost spicy flavour will really stand out.

