



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mutevazi Lezzetler® Turkish cooking recipes

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## Mashed Broad Beans With Dill

Fava



2 cup broad beans  
1 tbsp granulated sugar  
6-7 tbsp olive oil  
2 onions  
1 + 1/2 tsp salt  
Half bouquet dill  
Juice of 1/2 lemon

- # At night put the broad beans into the bowl which is filled with water.
- # The day after, put the broad beans into the pot and then add diced onion, granulated sugar, salt and olive oil.
- # Finally pour water -nearly 1 inch higher than beans- cook until the beans soften.
- # After cooking put it in a blender and get a smooth mashed.
- # Pour the mashed into a soaked plate and flatten.
- # Freeze it.
- # Spread lemon juice and sprinkle dill on it while it is still frozen. Cut into slices and serve.

Note: For a classy serve you can pour the mashed into a cake pan.