



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

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## White Bean Salad With Sesame Seed Paste

Tahinli Piyaz



1 + 1/2 cup of white bean  
1/2 cup of sesame seed paste (tahini)  
4 garlic cloves  
3 tbsp lemon juice  
2 tbsp olive oil  
1 tsp cumin  
1 tsp crushed red pepper  
1 tsp salt

# At night clean the bean, wash, put in a bowl and add 5 cup of water. This makes beans softer for cooking the day after.

# The day after, pour the water and bean in a pot and boil until beans soften.

In the meantime, put tahini, olive oil, lemon juice, pounded garlic, cumin, salt and crushed red pepper in a bowl and mix until it gets smooth

# Drain the boiled bean, put in a plate for cooling it down.

# Spread the mixture on cold beans, you can use crushed red pepper and parsley for garnish.

# If you wait this salad 2 hours after preparing, it will be more delicious.

**Note:** This is an interesting flavour from Antalya Region.