



### **Samira's Homemade Ful Medammes**

is simply delicious and definitely different from anything you have had. Ful is the staple food in the Egyptian diet and the national dish of Egypt. It consists of fava beans, also known as broad beans slow-cooked for hours. These popular Old World beans are best known for its strong flavor. Ful is particularly renowned for being a very filling dish, with many describing it as 'being like a stone in the stomach'. Many in the Middle East eat Ful in the early morning to prepare them for a day of fasting during Ramadan.

### **Biogeography:**

Fava beans, one of the oldest domesticated food legumes, have been cultivated for at least 5,000 years. Ful Medammes has been found on hieroglyphics. The dish's name derives from the Egyptian language:

Ful is derived from the Egyptian word for fava beans and *medammes* is a Coptic word

meaning "buried." The second word hints at the original cooking method, which involved burying a sealed pot of water and beans under hot coals. This cooking method for fava beans is mentioned in the Jerusalem Talmud, indicating that it has been used in the Middle East at least since the 4<sup>th</sup> century.

### **Nutrition:**

Fava beans are low in calories and in fat, with no cholesterol. They're also high in protein, iron, and fiber, and are good sources of vitamin C, vitamin A, and potassium.

Could Fava Beans help keep us young? They have high concentrations of L-dopa (dopamine), an amino acid that is a neurotransmitter in the brain. Dopamine plays a role in the brain in such activities as sex drive, memory and energy.