Fava beans with Moroccan bread

About
The beans and the bread combine to make this a vegetarian source of complete protein.

In Morocco, several types of beans are served as thick purees, including fava beans, chickpeas, and split peas. They are served with bread, which is broken off and dipped in the puree.

In Morocco, girls learn how to bake bread when they are around six or seven. Each family marks their bread so it is not confused with the bread of other families, because all the bread is baked together in large community ovens.

Ingredients

For fava bean puree
2 cans of fava beans
4 garlic cloves, peeled and left whole
9 tbsp extra-virgin olive oil
3/4 to 1 tsp salt
1 1/4 tsp ground cumin
1 1/4 tsp paprika
3/4 tsp cayenne (optional)
Lemon wedges (optional)

For Moroccan bread
2 tsp active dry yeast
1 tsp sugar
2 3/4 cups unbleached all-purpose white flour
3/4 cups whole wheat flour
1 1/2 tsp salt
2 tsp sesame seeds
1 tsp anise seeds
Peanut or canola oil
Cornmeal for dusting

Directions

For fava bean puree
Drain the liquid from the beans. Combine the fava beans, garlic, salt, and 1 tablespoon olive oil. Mash the beans and garlic with a potato masher until you have a coarse puree. Add 1/4 teaspoon of cumin, 1/4 teaspoon of paprika, and 1/8 teaspoon of cayenne. Stir to mix. The puree should be thick enough to pick up with a piece of bread but not so thick that it feels solid.

Heat the fava beans over medium-low heat, stirring as you do so. Ladle the fava beans into soup plates. Sprinkle each serving with cumin, paprika, and tsp cayenne. Drizzle olive oil over each serving. Garnish with lemon wedges and serve hot or warm.

The puree might need to be thinned with water after it has been refrigerated.

For Moroccan bread
Combine the yeast, sugar, and 1/4 cup water (105°F to 115°F) in a small bowl. Stir to dissolve the yeast completely. Set aside for 5 minutes, or until the yeast begins to bubble.
Put the flour in a large bowl. Make a crater in the flour and put the salt, sesame seeds, anise seeds, and yeast mixture into it. Slowly pour water (105°F to 115°F) into the crater. About 1 cup or slightly less will be needed to make the dough. As you add water, gather the flour into a ball. Do this until it begins to form a soft, smooth ball. At this stage, start to knead. Knead the dough well for about 10 minutes, or until it is smooth and elastic.

Lightly oil a large baking tray and sprinkle some cornmeal over it. Set aside.

Flatten the dough to form a round disc about 1/2 inch high.

Using both palms and outstretched fingers, lift the disc and place it on the baking tray. With a sharp knife, score the top of the loaf lightly in a diamond pattern. Cover with a clean dishcloth and leave in a warm place to rise for about 1 hour, or until the loaf has doubled in height.

Adjust the oven rack to the lowest possible shelf. Preheat the oven to 400°F.

When loaf has doubled in height, put the baking tray on the rack and bake for 25 to 30 minutes or until the loaf is golden on top and sounds hollow when you tap on it. Remove to a cooling rack. Cut into wedges and serve warm or at room temperature.

Reference
Recipe adapted from Madhur Jaffrey’s World Vegetarian, by the Madhur Jaffrey, 1999. Published by Clarkson Potter, New York.