SHAMI BEANS WITH LEMON, GARLIC AND YOGURT

Ingredients
2 liters of water
beans (to taste)
Half a teaspoon of sodium carbonate
1 lemon
1/2 teaspoon salt
4 or 5 cloves garlic (to taste)
juice of a lemon and a half
some water
Lemon juice
garlic
salt
a little olive oil
cumin
dry pepper
Tomato
parsley
radish (grated)
olive oil
cumin
dry pepper
Tomato
Parsley (to taste)
pomegranate love
radish
olive oil
To boil beans:
Seasoning the beans with milk (Bedouin):
Bean dressing (lime and garlic):
To decorate the beans with lemon and garlic:
For garnishing beans with milk (Bedouin):
Half a kilo of hummus

Directions

First, to boil the beans: we choose the quality of the beans (we choose the type of large bean, the color of blond), then we come in a pot and put the beans and water in it and put them on the fire and after boiling the beans, we reduce the fire under the beans and add sodium carbonate, (and add carbonate slowly because before), (sodium carbonate until it reacts nicely, it looks acidic)), and then we bring sliced
(you keep the color of the beans and grow by letting the sodium carbonate react more so that the beans are leveled faster and what The color of the bean water becomes black) We leave the fire on them quiet and we cover them and leave them until they are cooked ((may they take 15-30 minutes depending on the type of beans), (there are a lot of important things. It must be flat on the other, but the plant must have a small penny in it. Why? Because the plant does not eat its peel)).
To prepare the mixture of beans (or Bedouin): ((In two ways for the Bedouin, the first method is milk with tahini with garlic, lemon, and salt and whisk them)), (in the second method, the hummus)), first we put the hummus in a bowl and put salt, garlic (mashed) and lemon juice, a little water and mix them well (Don't mix liquids to remain cohesive. To prepare the beans in oil (lime and garlic): We bring the bowl of beans and we pour it into two bowls ((make them clear of the bean water), (this food does not have the ingredients as desired)) We put salt on them, then put on the garlic (crushed or finely mashed) with a little lemon juice, then add a little olive oil to them and mix them, then put cumin and dried pepper, then chopped tomatoes, chopped parsley, radish (grated) and olive oil for decoration, and then it becomes a plate The beans in oil are ready. To prepare the beans we add the Bedouin to the second bowl of beans (don't put any salt or anything because the Bedouin has everything) and add cumin and dry pepper, and then we decorate the plate with chopped tomatoes, parsley, pomegranate, oil, and radish,

C H E F O M A R

Bon Apetit!