

BALILA

(A MIDDLE EASTERN APPETIZER)

Balila is a dish of boiled chickpeas seasoned with lemon juice, garlic, and various spices. It is served as a hot mezze and can be very satisfying when eaten hot.

◆ INGREDIENTS

2 x 400g cans CORTAS cooked chickpeas
1/3 cup CORTAS extra virgin olive oil
1 clove garlic, crushed
8 tbsp lemon juice
1 tsp cumin
1 tsp salt
For garnishing: 1 tbsp parsley, chopped

◆ METHOD

Warm the chickpeas in their water in a pot over low heat.
Drain the chickpeas into a serving bowl but keep half a cup of the water for the dressing.

To prepare the dressing:

Combine CORTAS olive oil and the lemon juice with the reserved chickpea boiling water.
Add the crushed garlic, salt and 1/2 a teaspoon of cumin.
Mash three tablespoons of chickpeas, add them to the dressing and mix well.
Pour the dressing over the chickpeas and mix.
Sprinkle the rest of the cumin on the balila and garnish with chopped parsley.
Enjoy warm with pita bread.

◆ NOTE

A readily prepared “Heat-and-Eat” CORTAS balila is also available for you in a food friendly, preservative-free can to warm up and enjoy.

Sahtein!

