

# Creamy White Bean Dip

## Equipment

- Tin opener
- Colander
- Chopping board
- Chef's knife
- Measuring cups and spoons
- Juicer
- Food processor or stick blender
- Serving bowls

## Ingredients

- 2 cups of cooked cannellini beans or 1 tin cannellini beans
- 2 cloves of garlic
- 1 lemon
- 1/3 cup extra virgin olive oil
- 1/4 cup parsley
- 1 teaspoon dried oregano
- 2 tablespoons chives
- 1 spring onion – green part only (chop off with scissors and leave the white bit in the ground to grow again)
- Salt and freshly ground black pepper

## How to make it;

1. Drain the cannellini beans in the colander
2. Chop the parsley roughly and measure ¼ cup
3. Peel the garlic
4. Cut the lemon in half and squeeze the juice
5. Place the beans, garlic, 2 tablespoons lemon juice, olive oil, parsley, oregano, chives and spring onion in a food processor and pulse til chopped well but not smooth (or put in a bowl and blend with the stick blender)
6. Season to taste with salt and pepper and put in small bowls for dipping. Serve with vegetable crudite, crisp bread or Garden to Table Flat Bread to dip.

## Notes:

Any type of beans can be used but the colour will vary if you use kidney or black beans.

The flavour of freshly cooked dried peas and beans will always be much better than the flavour of canned ones. They are very easy to cook but require some forward planning. Soak the chickpeas or beans overnight in plenty of cold water. Drain this water off and put the chickpeas in a saucepan. Cover with fresh cold water and bring to the boil. Do not salt the water as the peas will not cook properly. Simmer until tender – test by tasting or by crushing a chickpea against the side of the pot. The should be very soft and squishy. Drain and use as per the recipe. 1 Cup of dried chickpeas will yeild 3 cups of cooked. Cooked chickpeas freeze well.