

Olive's Kitchen

Broad Bean Dip - A colourful standout

This recipe was given to us by a friend and is her adaptation of a recipe from the Internet. Use fresh broad beans if they are truly fresh; those that have been on the shelf for several days can be hard and chewy. Otherwise use frozen broad beans. Either way there is no need to peel the outside layer off the beans. (Dried beans will give a quite different result.) The method recommends using a blender wand or a food processor, but if you don't mind a chunky texture you can roughly chop the cooked beans, mince the garlic with some salt and finely chop the oregano and crush the whole mixture with a potato masher, stirring in the oil at the end.

For the dip:

- 250 g broad beans (fresh or frozen)
- 2 cloves garlic
- 2 tbsp lemon juice
- 1 heaped tbsp oregano leaves
- 1 tsp ground cumin
- salt and black pepper, to taste
- ½ cup extra virgin olive oil
- optional: fresh herbs or 1 tsp sumac to garnish



Method:

Place the broad beans in a saucepan with a dash of salt and barely cover with water. Bring to the boil for several minutes or longer until they are cooked. (Check they are tender with a sharp knife or by squeezing one of the beans.)

Drain the beans, retaining the water. Allow the beans to cool a little before making the dip.

To make the dip, combine the cooked beans, garlic, juice, herbs and some salt and pepper, along with 1/3 cup of cooking liquid. Using a hand-held wand or food processor, blend until you have a smooth thick paste, adding more cooking water if needed.

Blend in the olive oil in several stages to obtain a thick, creamy texture. Adjust for lemon juice and salt and pepper as required. Spoon into a suitable bowl. Garnish as desired. Serve with crackers, bread or pita chips.

Serve:

Serves 6 to 10.

Equipment:

Blender and serving dish.

Difficulty and Time:

Not difficult (2/5). 15 to 20 minutes to prepare.

Notes and variations:

- The dip retains its freshness for several days if well-covered.