

White Bean Dip

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: garlic, lemon, mint, parsley

Equipment:

metric measuring scales and spoon
clean tea towel
chopping board
cook's knife
food processor or mortar and pestle
citrus juicer
large bowl
mixing spoon
serving bowls

Ingredients:

2 × 400 g tins cannellini beans, or 480 g dried, soaked and cooked cannellini beans
2 garlic cloves, peeled and finely chopped
juice of half a lemon
3 tbsp olive oil
1 small handful of flat-leaved parsley, finely chopped
salt, to taste
freshly ground black pepper, to taste
1 small handful of mint, finely chopped

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Mince the cannellini beans in the food processor or by hand with the mortar and pestle until they are soft. Be sure to retain some texture.
3. Combine the minced cannellini beans with the garlic, lemon juice, olive oil and parsley in the bowl and mix well.
4. Season with salt and pepper.
5. Place in serving bowls and sprinkle with chopped mint. This dip can be served with **Indian Flatbread** (page 143).

