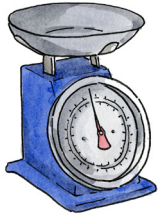


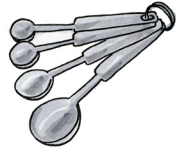
BROAD BEAN DIP

Season: Spring Serves: 30 tastes or 6 serves at home
Fresh from the garden: broad beans, garlic, lemon, herbs

EQUIPMENT



metric
measuring scales



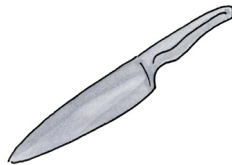
metric
measuring spoons



clean tea towel



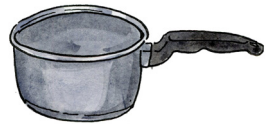
chopping board



cook's knife



citrus juicer



saucepan



colander



mortar and pestle

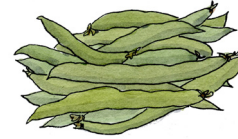


spatula



serving bowl

INGREDIENTS



2 kg broad beans



juice of a lemon



1 handful of herbs



2 garlic cloves,
peeled and chopped



1 tbsp olive oil



black pepper

WHAT TO DO

1. Pod the broad beans.



2. Put a saucepan of water on to boil. Boil the beans for 5 minutes, until tender.



3. Drain the cooked beans.



4. Peel the cooked beans.



5. Add the beans to the mortar with the lemon juice, herbs, garlic, oil and a pinch of pepper. Pound to a smooth paste with the pestle.

6. Taste and season. Using the spatula, scrape the dip into a serving bowl.



7. Enjoy with flatbread or chopped raw vegetables.

