

Broad Bean Dip with Toasts

Serves: 32 tastings



From the garden: Broad bean, garlic, spring onion & mint

Equipment:

- Small saucepan x 1
- Mortar and pestle
- Small bowl x 1
- Wooden spoon
- Chopping boards and knives
- Measuring cups
- Measuring spoons
- Juicer

Ingredients:

- 1 loaf white bread
- 2 cups broad beans
- ½ cup extra-light sour cream
- 1 tablespoon olive oil
- Juice of ¼ lemon
- 1 garlic clove (finely chopped)
- 1 tablespoon spring onion (finely chopped)
- 1 tablespoon mint (finely chopped)
- ½ teaspoon sugar
- Salt & pepper to taste

Method:

1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Pod the broad beans.
4. In a small saucepan, boil the beans in water for 15 minutes, until tender.
5. Drain and peel the cooked beans.
6. Add the beans and garlic to the mortar and pound to a smooth paste with the pestle.
7. Place the bean mixture, sour cream, olive oil, lemon juice, sugar, herbs, salt and pepper in a small bowl and stir until evenly mixed.
8. Place bread in single layer on the lined baking trays and bake for 10 minutes or until golden and crisp.
9. Cut each piece of bread into 4 triangles.
10. Divide the dip into 5 ramekins.
11. Divide the bread into 5 serving plates and serve with the dip.