

White bean and tomato dip

Creamy beans complemented by an tangy tomato flavour, an alternative to hummus.

A Mediterranean dish, possibly Greek¹.

Ingredients

- 1 **FAIRTRADE** lemon
- 6 sundried tomatoes
- 2 cloves garlic
- 400 g tin **FAIRTRADE** white kidney beans
- 30 ml **FAIRTRADE** olive oil
- pinch chilli powder
- to taste salt and pepper

Method

Preparation

Juice and zest the lemon, discard pips and pith.

Pop the tomatoes in a bowl and just cover with the lemon juice, set aside for 30 minutes or longer.

Skin the garlic.

Rinse the beans under cold water.

Once the tomatoes are soft, put the tomatoes, (discoloured) lemon juice, lemon zest, beans and oil in a blender.

Crush the garlic into the mix, add the pinch of chilli, and blend to a smooth paste.

Taste for "balance" and add salt and pepper if needed.

Spoon the dip into a serving dish and chill for 30 minutes in the fridge.

To serve

Serve with hummus, muhammara, and other dips and spreads as a meze² dish.

Serve with savoury biscuits / crackers as a snack or starter.

Serve with crudities as a party dish.

Variations

Various herbs and spices should go well. Try fresh basil or oregano, or ground cumin.

Dry beans (100 gm dry weight) can be soaked and cooked in the usual way. Reserve some cooking liquid in case the blend is too dry.

¹<http://www.fairtradecookbook.org.uk/countries/greece.htm>

²<http://www.fairtradecookbook.org.uk/pages/meze.htm>