

# Hilbeh

Yemeni<sup>1</sup> fenugreek dip.

This is a **Fairtrade** version of a recipe from pennilessparenting.com<sup>2</sup>.

## Ingredients

- 150 g fenugreek seeds (methi)
- 6 cherry tomatoes
- 4 cloves garlic
- 2 **FAIRTRADE** lemons
- 5 g salt
- 5 g ground cumin
- 5 g Zaytoun **Fair Trade** za'atar herb mixture
- 25 ml Zaytoun **FAIRTRADE** olive oil
- to taste ground black pepper
- to taste ground chilli

## Method

### Preparation

Soak the fenugreek overnight in plenty of cold water.

Chop the tomatoes in two.

Skin the garlic.

Juice the lemons, discard pith and peel.

### Make the dip

Drain the fenugreek and put the seeds into a food blender.

Add the tomatoes, and crushed garlic, lemon juice, salt, cumin and Zaatar.

Pulse the blender to mix the ingredients.

Add the oil and blend for 2 minutes.

## Adjustments

If too bland, add black pepper, chilli and / or more lemon juice, blending as you go, until the flavour is right.

If too dry add 15ml cold water and blend (or add more oil but be careful not to let the taste of the oil dominate the dip).

Once the flavour is to your liking, blend until the dip is smooth enough.

Chill in the refrigerator for 30 minutes.

## To serve

Serve chilled with pitta bread.

## Storage

Hilbeh does not keep well, because the garlic flavour develops and dominates. Make only as much as you can use on the day.

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

<sup>2</sup><http://pennilessparenting.com>