



WINTER'S FLAT PRIMARY SCHOOL
Stephanie Alexander Kitchen Garden Program

BROAD BEAN DIP RECIPE

Season: Spring

Group

Recipe source: Stephanie Alexander Cooking with Kids

Fresh from the garden: Broad Beans, Oregano, Garlic, Lemon

Equipment: <ul style="list-style-type: none">• Scales• Bowls – 1 large, 1 medium, 1 small• Measuring cups and spoons• Mortar and Pestle• Lemon juicer• Medium saucepan	<ul style="list-style-type: none">• Colander• Knives –1 large, 1 small• Chopping board• Dinner Plate• Food Processor• Spatula• Serving Bowls
Ingredients: <ul style="list-style-type: none">• Broad Beans• 2 cloves garlic• 2 sprigs oregano• 1 tsp ground cumin	<ul style="list-style-type: none">• 1 lemon• Freshly ground black pepper• Salt• ½ cup olive oil

What to do:

1. Shell the broad beans into the medium bowl.
2. Peel the garlic and roughly chop. Place in the mortar with a teaspoon of salt and use the pestle to work into a paste.
3. Rinse the oregano and dry. Pull the oregano leaves off their stalks and place in the small bowl. Add the cumin to the oregano leaves and set aside.
4. Juice the lemon
5. Put the broad beans into the saucepan and just cover with cold water. Bring to the boil and cook for about 10 minutes. Place the colander over the large bowl and pour

the cooked beans and cooking water into the colander. Lift the colander out of the bowl and place it on the plate. Save the cooking water.

6. Put the drained beans, oregano and cumin, a pinch of salt and pepper, lemon juice and 1/3 cup of the cooking water into the bowl of the food processor along with the garlic paste. Whiz to a smooth sauce. Stop the machine and scrap down the sides of the bowl with the spatula. Restart the machine and slowly pour the oil down the feed tube to make a mayonnaise consistency.
7. Stop the machine and taste for salt and pepper. Spoon into serving bowls.