

Kitchen Garden at Collingwood College Term 4-week 7

Name of Recipe: Smashed Broad bean & Herbs

Volunteer Notes:

Use mortar and pestles- Set tables.

From our garden: broad beans, herbs, edible flowers

What to collect	What to do
<p>BROAD BEAN DIP</p> <p>Mortar pestle</p> <p><u>BROAD BEAN DIP</u></p> <p>1 > broad beans and then shelled</p> <p>1 x clove garlic, ground to a paste</p> <p>1 x tsp freshly chopped Oregano/thyme</p> <p>2 x tsp chopped parsley</p> <p>100 ml Extra virgin olive oil (may need extra as well)</p> <p>50 g Grated Parmesan cheese</p> <p>Freshly ground black pepper</p>	<p>Put a large pot of water onto the boil.</p> <p>Pod the broad beans. Cook the podded beans for 2 minutes and strain the water out in the sink into a colander.</p> <p>Refresh the beans.</p> <p>Double pod them by slipping the inner bean out of the skin.</p> <p>Put the inner beans in a bowl. Skins into the compost.</p> <p>Prepare the herbs and garlic and chop finely. Grate the parmesan into a bowl.</p> <p>Put the beans in the mortar and pestle and pound roughly, add the herb/garlic mix. Wet with olive oil add the parmesan. Stir and taste. Add salt and grind some pepper in. Taste again.</p> <p>Divide into 3 small bowls and set aside.</p> <p>Let the flavours infuse into the beans. Garnish with edible flowers. Serve with a small spoon.</p>