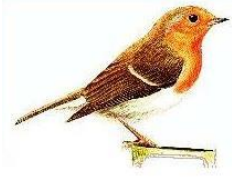


BRIDPORT and DISTRICT ALLOTMENTS SOCIETY

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Broadbean Humous



- 500g broad beans (prepared weight)
- 2 cloves of garlic peeled and crushed
- 5 – 6 spring onions, coarsely chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 – 3 tablespoons chopped savoury or parsley
- Salt and pepper

Simmer beans in salted water for 5 – 10 minutes until tender.

Drain, cool slightly and then put beans, garlic, spring onions, spices and herbs in a food processor and puree until smooth.

Cool and serve with some freshly chopped coriander and a squeeze of lemon