

White cannellini bean dip

Ingredients

100 ml extra-virgin olive oil
1 tsp cumin seeds
½ onion, thinly sliced
400 gm tinned cannellini beans, rinsed and drained
1 tbsp lemon juice

Cumin burnt butter.

60 gm unsalted butter
2 tsp cumin seeds

What to do

1. Heat 2 tbsp oil in a medium saucepan over medium heat. cumin add onion and cook until soft and translucent (5 minutes).
2. Add beans and 100ml water and season to taste.
3. Simmer until most of the water evaporates (3 minutes).
4. Transfer bean mixture to a food processor and process until almost smooth. With the motor running, add lemon juice tahini and remaining oil.
5. Add 1-2 tablespoons warm water, if needed, until mixture is a loose consistency (it will thicken on cooling).
6. Transfer to a bowl, cover and refrigerate until cool.
7. For cumin burnt butter, combine butter and cumin in a small saucepan over medium heat. Cook, stirring frequently, until frothy and nut-brown in colour (4 minutes).

8. Immediately transfer mixture to a heatproof bowl to prevent overcooking.
9. To serve, spoon hummus onto a serving plate, pour over warm cumin burnt butter and garnish with thyme sprigs.