

NYBG

SENSATIONAL SEEDS CHEF RECIPES

LEMON WHITE BEAN DIP

Prepared by Ora Kemp of New York Common Pantry
Sensational Seeds Event
Serves 4–6

Ingredients

- 1/3 cup (54g) sunflower seeds
- 1 (15-ounce) can of cannellini beans, drained and rinsed
- 1 medium lemon
- 1 tablespoon white miso paste
- 3/4–1 teaspoon kosher salt
- Freshly cracked black pepper
- 2 - 3 tablespoons ice water
- 2 tablespoons extra virgin olive oil
- 6 garlic cloves, thinly sliced (try to slice as evenly as possible for even cooking)*
- 1 teaspoon whole cumin seeds
- 1 teaspoon whole coriander seeds
- 1 heaping teaspoon Aleppo pepper, or 1/2 to 3/4 teaspoon red pepper flakes**
- 1 small handful of parsley (optional) chopped
- Seeded crackers for serving



Instructions

Toast the sunflower seeds. Heat a medium frying pan over medium heat. Allow the pan to heat up for a few minutes to get hot. Add the sunflower seeds and shake the pan frequently until toasty and golden but not dark brown, 2 to 4 minutes. Scoop out 1 teaspoon of the seeds and set aside for the topping.

Using a vegetable peeler, shave off 4 to 6 strips of lemon peel, about 2 inches in length. If you only get shorter strips, just use more. Try to not peel too deeply to avoid the white pith; set aside. Then juice the lemon.

In a food processor bowl, add the toasted sunflower seeds, cannellini beans, 2 tablespoons lemon juice, 1 tablespoon miso paste, 3/4 teaspoon kosher salt, and black pepper. Blend until the dip comes together and is relatively smooth, scraping down sides as you go.

Stream in 2 tablespoons of ice water and blend again until thick and creamy; add one more tablespoon if you want a looser consistency. Taste, adding more lemon juice or salt as needed (I usually add an extra 1/4 teaspoon kosher salt).

Transfer the dip to a serving bowl and make ridges with the back of a spoon.

For the topping:

Lightly crush the cumin and coriander seeds in a mortar and pestle, or use the back of a heavy chef's knife or sturdy mug to lightly crush them. Fit a small or medium bowl with a fine-mesh sieve.

Heat the olive oil in the same frying pan used in step 1 over medium heat. Once the oil is warm (but not too hot), add the garlic and crushed spices. Cook, swirling the pan or stirring frequently, for 2 to 2 1/2 minutes, until the garlic just turns golden (don't wait until it browns). Add the lemon peel and chili flakes and cook for another 30 seconds. Pour the oil and aromatics over the sieve, so that the aromatics sit in the sieve and the oil sits in the bowl.

Pour the infused oil over the dip. Top with the garlic-lemon topping, along with the reserved sunflower seeds and chopped parsley.