

WHITE BEAN DIP

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 1 ½ Tbsp. Table Salt for brining
- 1 Lb. Dried Cannellini beans, rinsed
- 1 Tbsp & ¼ Tsp. Table Salt for cooking
- 6 Tbsp. Extra-Virgin Olive Oil, plus extra for drizzling
- 3 Garlic Cloves, sliced thin
- 6 Fresh Sage Leaves
- ¼ Tsp. Red Pepper Flakes
- 1 Tbsp. Lemon Juice
- 1 Tbsp. Chopped Fresh Parsley

Instructions:

1. Dissolve 1 ½ Tbsp salt in 2 quarts cold water in large container. Add beans and soak at room temperature for at least 8 hours, or up to 24.
2. Drain beans and rinse well. Combine beans, 10 cups water and 1 Tbsp. salt in dutch oven or pot and bring to boil over high heat. Reduce heat to medium and cook at gentle simmer until beans are barely al dente, 40-50 minutes.
3. Turn off heat, cover pot and let beans steep until tender, 20-30 minutes. Drain beans.
4. Combine 4 Tbsp. oil and garlic in 12-inch nonstick skillet and cook over medium heat until garlic begins to brown slightly at edges, about 3 minutes.
5. Add sage and pepper flakes and cook until fragrant, about 30 seconds. Add 3 ½ cups beans (Reserve remainder for another use) and remaining ¼ tsp. salt and cook until just heated through, about 2 minutes.
6. Combine beans, 5 Tbsp. water, lemon juice and remaining 2 tbsp. oil in food processor and process until smooth.
7. Transfer bean dip to serving dish and drizzle with extra oil and sprinkle with parsley. Serve.



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