

White bean & herb dip w/ crostini

This is a novel, relatively low-calorie holiday-time appetizer that doesn't require a lot of prep. time. This recipe is a double portion of the original, with some flavoring tweaks. Make sure to use fresh, not dried herbs.



Serve this dip with crostini, not crackers, if at all possible. The dip benefits from the yeasty flavor of bread.

Ingredients

- 1 baguette
- 8 T olive oil, extra virgin, arbequina (divided)
- 2 cloves garlic
- 1 T rosemary, fresh (yield of 2 full sprigs)
- 4 t thyme, fresh (yield of 4 sprigs)
- 2 green onions/scallions
- ½ t anchovy paste
- OR
- 1 t anchovy-based fish sauce
- ½ t salt, mineralized
- ½ t fresh ground pepper
- ½ t Tajin (cayenne-lime seasoning (opt.))
- 5 T lemon juice (yield of 2 sm. Lemons)
- 4 T water
- 2 cans beans, canellini (15 oz.)

Tools

- Stove
- Microwave oven
- Food processor with “S” blade
- Saucepan, 2 C
- Skillet
- Citrus reamer (opt.)
- Knife, chef’s
- Knife, bread
- Measuring spoon set
- Spatula, sm.
- Spatula, lg.
- Scraper (opt.)
- Prep bowl – 3 C
- Ramekin – 4–5
- Strainer, handheld
- Tongs, small
- Can opener
- Serving platter
- Paper towels

Instructions

Prep the seasonings

1. Mince the garlic.
2. With the scraper, transfer the minced garlic to a ramekin.
3. Strip the leaves from the rosemary.
4. Pince off the woody stems leaves from the sprigs of thyme.
5. Mince the herb leaves and tender shoots.
6. With the scraper, transfer the minced herbs to the second ramekin.

Appetizer
Author: [Kathy Gunst](#)
Servings: 8-12

Prep. Time: 10 min.
Cook Time: 20 min.
Stand Time: 12 hrs.

7. Add the salt, pepper, and Tajin to the ramekin with the minced herbs.
8. Mince the entire scallions.
9. Transfer the scallions to the third ramekin, and then place it near the food processor.
10. If you don't have lemon juice already, ream the lemons, and then transfer the juice to a ramekin. Place this ramekin near the food processor.

Season the oil

1. Add the olive oil to the saucepan.
2. Heat the oil until it shimmers. If it starts smoking, reduce the heat.
3. Add the garlic to the saucepan and cook for 1 min.
4. Add the minced herbs, salt, and pepper to the saucepan, and then immediately remove it from the heat.
5. Let the seasonings steep in the oil for 5 minutes.

Process ingredients

1. Open the cans of beans.
2. Using the strainer, drain and rinse each can of beans, and then transfer them to the prep bowl.
3. Place the prep bowl near the food processor.
4. Measure the water into the remaining ramekin.
5. Heat the water in the microwave oven for 1 min.
6. Add the beans, herbed olive oil (use the small spatula to transfer all the herbs), the lemon juice, Tajin, anchovy paste/fish sauce, and hot water into the food processor.
7. Turn on the food processor, and then run it until the beans are pureed (about 2 min.)
8. Taste the mixture, add extra salt and pepper as needed, and then run the food processor again (if needed) for another 30 seconds.
9. Using the large spatula, transfer the dip to an airtight storage container.

Make the crostini

1. Slice the baguette thinly, and discard the ends.
2. Add 2 T of the olive oil to the skillet, and heat it gently on the stove.
3. While the oil heats, cover the serving platter with paper towels.
4. Swirl the oil to coat the skillet.
5. Fill the skillet with baguette pieces.

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6. Cook for 2 min.
7. Using the tongs, flip the bread.
8. Cook the other side of the bread for 2 min.
9. Transfer the toasted bread to the serving platter and let it absorb the extra oil.
10. Repeat steps 2–9 as necessary.
11. If necessary, transfer the crostini to an airtight bag for transport.