



SMASHED BEAN AND MINT CROSTINI

Season:	Spring
From the garden:	Broad/fava beans, peas, mint, parsley, lemon, microherbs or mesclun
Type:	snack
Difficulty:	easy
Serves:	30 tastes
Source:	"Celebrate Summer" by Annabel Langbein

Equipment

- Large saucepan
- Colander
- Small bowl
- Chef's knife
- Chopping board
- Garlic crusher
- teaspoons / tablespoons
- Grater or lemon zester
- Food processor
- Spatula
- Toaster

Ingredients

- * approximately 300g (2 cups) of de-podded beans (equivalent to approx 1 kg frozen de-podded OR 1.5 kg fresh prior to de-podding)
- * 12 mint leaves + equivalent of any other herbs
- * 1 clove garlic
- * 1 lemon
- * 2 Tbsp (or less if preferred) olive oil
- * 2 Tbsp finely grated, firmly packed parmesan cheese (optional)
- * salt and pepper to taste
- * sliced bread

- * microgreens or mesclun to serve
- * drizzle of boutique extra-virgin olive oil to serve (optional)

Method

1. De-pod the beans (note that this may have been done for you by a previous GTT class). To do this, snap the bean in half and run your finger or thumb through the 'furry' middle, pushing the individual beans out.
2. If using fresh beans, bring a large pot of water to the boil and boil the de-podded beans for about 2 minutes.
3. Drain and cover with cool water (to make them easier to handle for shucking).

4. If you're using frozen beans, put them in a bowl and pour boiling water over the top. Set aside until cool enough to handle.
5. To shuck the beans (slip off the greyish outer skins): grasp each bean by its grooved end and squeeze gently. The bright green inner bean should pop out the other end. Put the beans in the food processor and discard the skins.
6. Wash and finely chop the mint leaves and any other fresh herbs, i.e. parsley, that you wish to use. Add them to the food processor.
7. Peel and crush the garlic clove in a garlic press and add to the food processor.
8. Finely zest the skin of the lemon and add this to the food processor.
9. Cut the lemon in half and remove the visible pips from one half with a fork. Carefully squeeze about half a teaspoon of lemon juice from this half into the food processor. Refrigerate the rest of the lemon for another recipe.
10. If using parmesan cheese, finely grate it and add to the food processor.
11. Add 2 tablespoons (or less if preferred) of olive oil to the food processor.
12. Pulse to form a very thick puree.
13. Adjust the seasonings to taste.
14. Meanwhile, toast slices of bread in the toaster and cut each slice in half.
15. Spread bean pesto onto the cut pieces of toast, serve with microgreens or mesclun as a garnish and enjoy.

NB - The bean pesto can be prepared in advance as it stores for up to 4 days in the fridge. Best served at room temperature. The bean pesto can be 'bulked up' by adding tinned, drained butter beans or similar.

Skills: *De-podding and shucking beans, finely chopping, zesting, use of garlic press, use of food processor*