



Honey and Sesame Seed Lavosh with White Bean Dip

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This white bean dip is easy to prepare, and using tinned cannellini beans makes it a store-cupboard staple. When roiling the lavosh dough, a pasta machine will help you get it to the perfect thickness.

For the white bean dip, place all the ingredients in a food processor or use a stick blender) and blitz until smooth and combined. Taste and adjust the seasoning if needed, then store in the fridge (see tip).

Sift the flour and salt into a medium bowl and make a well in the centre. Add the honey, sesame oil and milk to the well and stir to combine. Turn out the dough onto a lightly floured surface and knead for about 10 minutes until silky and smooth. Wrap in plastic film and rest for 20 minutes.

Preheat the oven to 160°C and line several baking trays with Baking paper.

Cut the dough into four pieces and roll out as thinly as you can with a rolling pin, adding only enough flour to prevent it from sticking. Better still, use a pasta machine to roll it out to a 1mm thickness.

Cut the dough into lengths to fit your trays. Place on the trays, brush with extra milk and sprinkle with sesame seeds.

Bake for 8 minutes or until lightly golden (depending on the size of your oven you may need to bake in batches). Remove and allow to cool before breaking into rough shards. Store in an airtight container for up to 1 month.

If you are using the super green sauce, swirl it through the white bean dip just before serving with the lavosh. They are delicious just as they are, or make a platter with cheese, dried muscatels and crudites.

TIP: The white bean dip is best served at room temperature, but you can make it ahead of time if you like and store in the fridge. Take it out about an hour before you want to eat it.

Ingredients

100ml milk, plus extra for brushing
35g (¼ cup) sesame seeds
60ml (¼ cup) super green sauce

WHITE BEAN DIP
2 × 400g tins cannellini beans, drained and rinsed
2 tablespoons extra virgin olive oil
1 teaspoon ground cumin
Sea salt and freshly ground black pepper
Finely grated zest and juice of ½ 1 lemon, to taste
300g (2 cups) plain flour, plus extra for dusting
1 teaspoon fine sea salt
1 tablespoon honey

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