

White Bean Dip with Spruce Tip Oil

The simplicity of this recipe allows the spruce tip oil to shine.

1 cup (250 mL) dried white beans
1/4 cup (60 mL) bean cooking liquid
1 medium clove garlic, peeled and minced
2 tbsp. (30 mL) spruce tip oil
2 tbsp. (30 mL) fresh lemon juice
1/2 tsp. (2.5 mL) dried chili flakes
Salt and freshly ground black pepper, to taste
Additional spruce tip oil for garnish



1. Sort the dried beans, checking for stones. Rinse the beans and soak them overnight in cold water.
2. The next day, drain the beans, cover them with plenty of fresh, cold water and bring to a gentle boil. Skim off the scum that rises to the surface at the first boil, turn to low and simmer until the beans are thoroughly soft; this could take from 1 to 2 hours, depending on the beans.
3. Drain the cooked beans, reserving the liquid. (Save any extra beans and liquid for soup.)
4. Put 1 ½ cups (375 mL) of cooked, cooled beans in a blender or food processor with the remaining ingredients. Process until smooth, scraping down the sides of the container from time to time. If the mixture is too thick, loosen it with a bit of cooking water.
5. Taste, and adjust for seasoning. Garnish with a drizzle of spruce tip oil just before serving. * We used Ace Bakery Artisan Crisps as accompaniment.

Yield: About 2 cups.