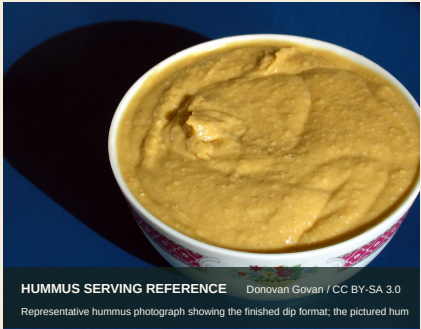
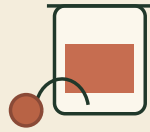


Chestnut Hummus

A quick savoury dip that uses cooked chestnuts in place of the usual chickpeas.



HUMMUS SERVING REFERENCE Donovan Govan / CC BY-SA 3.0
Representative hummus photograph showing the finished dip format; the pictured hum

% DIFFICULTY Beginner	7 PREP 5 min	🔥 COOK / WAIT No further cooking	📏 YIELD Serves 4
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- %

INGREDIENTS
- 180 g cooked, peeled sweet chestnuts
 - Juice of 1 lemon
 - 1 garlic clove
 - 4 tbsps olive oil
 - A little freshly boiled water, as needed
 - Pitta crisps and vegetable crudités, to serve

- EQUIPMENT

 - Blender or smoothie maker
 - Serving bowl

- METHOD

1

🔥

Reserve one cooked chestnut for the garnish.

2

🚫

Blend the remaining chestnuts with the lemon juice, garlic and olive oil, adding a little hot water until the mixture becomes smooth and spoonable.

3

🚫

Season to taste and transfer to a bowl or plates.

4

🚫

Finely grate the reserved chestnut over the top and serve with pitta crisps and raw vegetables.

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SAFETY & STORAGE

This recipe starts with cooked, peeled sweet chestnuts. Positive identification still comes first; never substitute horse-chestnut conkers.

SOURCE Good Food - Chestnut hummus

<https://www.bbcgoodfood.com/recipes/chestnut-hummus>

WILDWARD

wildward.uk - Find it. Know it. Make it.