

# fuss free flavours

tasty stuff without the fuss



## Anchovy and Butter Bean Hummus

Serves 2

### Ingredients

1 tin / 1 cup / 235g beans, drained and rinsed  
60G / 3 tbs anchovy pate (to taste)  
1 tbs olive oil  
1 tbs lemon juice  
1/2 tsp herbs de Provence  
Pepper to taste  
Chives to garnish - optional

### Method

Put everything into the food processor and whizz until smooth. Add a little water if needed to thin.  
Serve with crispbreads or crudities.

### Notes

In the absence of anchovy pate you could try using [Patum Peperium](#) (Gentlemen's Relish) or "melt" a tin of anchovies gently in a frying pan and pass through a sieve to remove the bones. Use any sort of mildly flavoured beans. I freeze my lemon juice in ice cube trays so I always have fresh to hand in the freezer.

