White Bean Red Pepper Dip with Pita

2 substantial dip-and-pita servings, each half the complete dip and 1 small pita · Active 25 min · Total 1 hr 15 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• About 2 red bell peppers, stems and seeds removed, cut in wide strips (250 g prepared, skin retained)

• About 1 3/4 cups fully cooked unsalted white beans, well drained (300 g)

• 1 tablespoon plus 1 teaspoon tahini made from roasted sesame (20 g)

• 1 tablespoon plus 1 teaspoon lemon juice (20 ml/about 20 g)

• 1 small garlic clove, peeled (3 g)

• 1 teaspoon olive oil (5 ml/about 4.5 g)

• 1/2 teaspoon ground cumin (1 g)

• 1/4 teaspoon fine salt (1.5 g)

• 2 small whole-wheat pita breads (120 g total)

Set out

Baking sheet lined with baking parchment, Knife and board, Mixing bowl, Food processor or suitable small blender, Sieve, Spoon or spatula, Kitchen scale, Oven mitts

Allergens

Sesame, Wheat. Check labels and substitutions.

Make it

1. Heat the oven to 425°F/220°C. Wash peppers, remove stems and seeds, cut into wide strips and weigh 250 g prepared pepper. Toss with all the oil on the lined baking sheet and spread in one layer.

2. Roast for 25–30 minutes, turning once, until thoroughly tender with a few browned edges but no deeply blackened skin. Transfer pepper and tray juices to a bowl and allow to stop steaming strongly, about 15 minutes.

3. Drain and weigh fully cooked beans. Put beans, tahini, lemon juice, garlic, cumin and salt in the processor and pulse, scraping down as necessary. Add the softened pepper and its juices and blend to a thick, mostly smooth dip. Do not add unmeasured oil or water; use brief pulses and scrape the bowl. Follow the appliance instructions for warm ingredients.

4. Divide all the dip equally between 2 plates. Cut each small pita into wedges and give one whole pita to each serving. Eat promptly or cool the dip promptly in a shallow container as directed.

A useful kitchen skill

Roast a measured fresh vegetable until blendably soft and use drained beans for thickness instead of diluting a small dip batch.

A useful detail

The 75-minute total includes pepper preparation, full roasting, a 15-minute steam-release stage and blending. Nutrition uses the complete raw prepared pepper weight with its skin, all roasting oil and the two measured pitas. Beans are already cooked, not dry.

Keep it well

Refrigerate promptly in a shallow container at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 2 days or the cooked beans' earlier remaining safe storage time. Keep pita separate. Freeze promptly chilled dip at 0°F/−18°C for up to 1 month for quality only while its ingredients are still safely within their storage window; thaw in the refrigerator, stir and use within 24 hours. Keep cold during transport.