



Smooth and Silky Butterbean Hummus

December 7, 2023

Inspired by the Butterbean puree at the Obstinate Daughter restaurant on Sullivan's Island, SC, this simple smooth and silky spread follows the traditional steps of hummus, substituting canned lima beans for chickpeas and upping the lemon flavor with strips of zest that get pureed with all the other ingredients.

Makes about 4 cups

Ingredients:

- Zest of one lemon peeled with a vegetable peeler
- Juice of one lemon, about $\frac{1}{4}$ cup juice
- 2-3 cloves of garlic, according to taste
- $\frac{1}{2}$ generous cup of tahini—mixed well
- 2 $\frac{1}{2}$ -3 cups of canned lima beans—a 15-ounce can and an 8-ounce can
- 4-8 generous teaspoons of liquid from canned lima beans, plus more if needed
- 4 tablespoons of best-quality Extra-Virgin Olive Oil
- $\frac{1}{4}$ teaspoon ground white pepper
- $\frac{1}{2}$ -1 teaspoon sea salt, plus more to taste
- Crackers, Pita Chips, Warm Flatbread for serving
- Heirloom cherry tomatoes, optional for serving
- Arugula for serving, optional for serving
- Sweet Smoked paprika, optional for garnish

Method:

1. Remove zest with a vegetable peeler, making sure not to get any of the white bitter pith. Drain lima beans from can and reserve all the liquid.
2. Blend everything together in a food processor or and a high-speed blender until smooth.
3. Taste and re-adjust the seasonings if necessary. If it is too pasty, add a little more lima bean water and another drizzle of olive oil to smooth it out until you like the consistency.
4. Place in an airtight container and let sit in the refrigerator for at least 2 hours before serving.
5. Place in a small bowl and sprinkle with sweet smoked paprika and drizzle with a little olive oil before serving. Serve with crackers, cherry tomatoes, warm flatbread and any of your favorite hummus accompaniments.
6. Alternatively, spread over a piece of flatbread, top with cherry tomatoes that have been cut in half. Sprinkle with a pinch of salt and top with a handful of arugula that has been dressed lightly with olive oil.



7. Store Butterbean hummus in the refrigerator. It will keep refrigerated for a week.