

Cheese and Spring onion cake with Hummus @ 5pm Saturday 29/08/2020

Ingredients:

Dry goods

- 125 g Self-raising flour
- Large pinch -Chilli powder
- Splash of Henderson's relish (optional or can use Worcester sauce if preferred)
- 1 tin of cooked chickpeas washed and drained
- 5-6 tablespoons rapeseed oil or olive oil

Fresh goods

- 1 bunch spring onions
- 70 g wensleydale cheese (I am using Kit Calvert- Wensleydale cheese from Hawes creamery)
- 50 g butter
- 1 egg
- 1 heaped tablespoon natural yoghurt
- 2- 3 cloves garlic
- ¼ fresh chopped chilli
- 2" inches fresh ginger

Frozen goods

- 150 cooked peas – defrosted if possible

Method:

Cheese and Spring onion cake

Mix flour, chilli, butter until it is sand like consistency

Add spring onions, cheese, and mix with a fork

Add egg and Natural yoghurt and Henderson's relish.

Place on a floured surface and lightly roll

Stamp out shapes

Lightly pan fry in a dry Non-stick frying pan and lightly turn over and repeat approximately 2 mins each side until cooked through.

Crushed pea hummus

Mix all the dry ingredients to a paste with 5 tablespoons rapeseed oil

Blend Chickpeas, peas with rapeseed oil or Olive oil, and add chilli with the ginger and garlic.

Correct the seasoning if needed.

Serve the Hummus on the plate with the Yorkshire Wensleydale and spring onion cakes.