

Emily's Artichoke Hummus:

Here is an easy way to use up your artichokes to make a versatile spread that is good on sandwiches or as a dip.

Ingredients:

8 artichokes
2 cups canned or cooked garbanzo beans, plus some of the cooking liquid.
1-2 tablespoons lemon juice
1-2 cloves garlic
1 tablespoon olive oil
½ teaspoon cumin
Salt and pepper to taste
1 tablespoon tahini (optional)

1. Remove the heart of each artichoke by pinching each leaf at the base and snapping it off. Scoop out the choke and peel off any of the remaining leaf bases, until you have just the heart. While you are working, soak the hearts in lemon water to prevent discoloration. If you like you can also peel the stems and include them.
2. Steam the hearts until they are tender. (These first two steps can be done a day or two in advance, just store the hearts in the refrigerator at this point)
3. Put all of the ingredients in a blender or food processor, and blend until creamy and smooth. The amounts of each ingredient can be easily adjusted, depending on what you like or have on hand you can add more or less of any ingredient.

Lone Willow Chèvre or Soft Goat Cheese

Chèvre complements both sweet and savory flavors. Try it as a spread or as a filling for pastry or crepes. I have included a recipe from the French called Chèvre Chaud.

- 11 oz fresh goat chèvre
- ¾ fresh bread crumbs
- 1 egg. Beaten

Mold the cheese into two or four ½ thick patties. Dip each patty into beaten egg and then coat it in fresh bread crumbs. Place each patty on a non-stick pan and broil until lightly browned. Turn and brown on each side. When the cheese patties are lightly browned on both sides remove from heat and serve by themselves or on a bed of salad greens.