

Soy spread



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150 g soybeans
3 bay leaves
3 tablespoons olive oil
1 teaspoon mustard
juice of one large lemon
1 small onion, finely chopped
salt, to taste

Soak the soybeans overnight. Wash them and cook them with the bay leaves. Drain but keep a little bit of the moisture.

Mash the cooked soybeans with a food processor (or mash crusher) until you obtain a paste (not very smooth). Add a little moisture if needed (2-3 tablespoons).

Put it in a bowl, add the olive oil, mustard, lemon juice and whisk. At the end add the chopped onion and salt. Mix well.

You can serve it on bread/crackers with olives.

Note: you can use more/less of mustard/lemon juice to your taste.



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