

HUMMUS

EQUIPMENT

BLENDER, FINE MESH STRAINER

INGREDIENTS

1 TIN CHICKPEAS, 80GM TAHINI, 5GM GROUND CUMIN, 1 LEMON,
2 CLOVE GARLIC, OLIVE OIL, SMOKED PAPRIKA, SALT

METHOD

WASH CHICKPEAS WELL UNDER COLD RUNNING WATER AND PLACE ON A TRAY AND COVER WITH COLD WATER

PLACE INTO A PRE HEATED OVEN STEAM MODE 100 DEGREES FOR 10MINS

PUT CHOPPED GARLIC, LEMON, CUMIN AND TAHINI IN THE BLENDER AND BLEND UNTIL THICK

REMOVE CHICKPEAS FROM THE OVEN AND ADD TO THE BLENDER WITH THE COOKING WATER

ADD SALT BLEND AGAIN AND CHECK SEASONING

REMOVE FROM BLENDER AND PLACE INTO A BOWL OR PLATE, DRIZZLE OVER OLIVE OIL AND SPRINKLE OVER SMOKED PAPRIKA AND SOME FRESH HERBS TO GARNISH

HINTS & TIPS

- WE HAVE FOUND THE HUMMUS IS SMOOTHER IF BLENDED WITH HOT CHICKPEAS
- LEMON JUICE IS AN ESSENTIAL SEASONING FOR HUMMUS ADD A LITTLE MORE IF NEEDED
- GARLIC CAN BE OMITTED, SWAP IT OUT FOR SOME DRY SPICES TO ENHANCE THE FLAVOUR