

STEAMED BEETROOT HUMMUS

EQUIPMENT

BLENDER, CHEF'S KNIFE, FINE MESH SIEVE, SOLID AND PERFORATED BAKING TRAYS,
PAPER TOWEL, RUBBER SPATULA

INGREDIENTS

2 LARGE BEETROOT, 2 CLOVES GARLIC, 2 LEMONS, 20G COLD WATER, 60GM TAHINI,
1GM GROUND CUMIN, SALT FLAKES, SUMAC, CORIANDER LEAVES FOR GARNISH

METHOD

CUT THE ROOT AND STEM ENDS FROM THE BEETROOTS AND CUT EACH BEETROOT INTO 4 PIECES. PLACE THE BEETROOT ONTO A PERFORATED TRAY ABOVE A SOLID TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 1 HOUR.

PEEL AND ROUGHLY CHOP THE GARLIC AND ADD IT TO THE BOWL/JUG OF A BLENDER ALONG WITH WATER, LEMON JUICE, TAHINI AND GROUND CUMIN. BLEND ON HIGH SPEED UNTIL THICK AND SMOOTH.

ONCE THE BEETROOT HAD STEAMED USE SOME PAPER TOWEL TO DRAIN THE BEETROOT AND ALSO PEEL AWAY THE SKIN. PLACE THE PEELED BEETROOT INTO THE BLENDER WITH THE OTHER INGREDIENTS AND BLEND UNTIL SMOOTH. CHECK AND ADJUST SEASONING WITH SALT AND IF REQUIRED LEMON JUICE.

TO FINISH SPOON SOME BEETROOT HUMMUS ONTO A PLATE AND SPRINKLE OVER SOME SUMAC, PICKED CORIANDER LEAVES AND A DRIZZLE OF EXTRA VIRGIN OLIVE OIL AND SERVE.

HINTS & TIPS

- STEAM YOUR BEETROOTS WITH THE SKIN ON WILL HELP KEEP THE RICH COLOUR, IT IS ALSO EASIER TO PEEL STEAMED BEETS. JUST RUB THE SKIN WITH SOME PAPER TOWEL AND THE SKIN SHOULD ALMOST FALL OFF.
- THE NATURAL SWEETNESS OF THE BEETROOT GIVE AN EXTRA LEVEL OF FLAVOUR TO STANDARD CHICKPEA HUMMUS, YOU CAN OFFCOURSE MIX SOME CHICKPEAS IN WITH THIS HUMMUS IF YOU WISH.