

Hummus

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 300g canned chickpeas, drained and rinsed
- 1 tablespoon extra virgin olive oil
- 1 teaspoon cumin seeds
- ¼ cup warm water
- 2 cloves garlic, roughly chopped
- 2 lemons, juiced
- 2/3 cup Tahini paste
- Salt & Pepper

Equipment:

- Food processor
- Spatula
- Mortar & Pestle
- Frying Pan
- Wooden Spoon
- Juicer
- Metric measuring spoons/cups

Method:

1. Heat the cumin seeds in a dry frying pan over medium heat, stirring with the wooden spoon until it smells fragrant. Tip the seeds into the mortar and use the pestle to grind to a powder.
2. Place the chickpeas, lemon juice, cumin, ¼ cup warm water and garlic in the food processor. Process until smooth.
3. Spoon in the tahini and blend again. (If it needs more liquid, add a little more warm water)
4. Taste the hummus, adjust seasoning if necessary.
5. Use the spatula to scoop the paste onto a shallow plate.
6. Drizzle with a little olive oil and serve.