

Hummus

Bialik College Kitchen Garden Program



Ingredients:

- 300g canned chickpeas, drained & 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 to a smooth cream.
3. Spoon in the tahini and blend again. (If it needs more liquid, add a little more warm water.)
4. Taste the hummus, adjust seasonings if necessary.
5. Use the spatula to scoop the paste onto the shallow plate.
6. Drizzle with a little olive oil and serve.