

Hummus

This is a tasty hummus that is full of flavour due to generous amounts of garlic, lemon juice and ground cumin. If you are feeling extra fancy, I have included a couple of optional variations to top your hummus with - using infused olive oil - which will take it to a whole other level.

Makes 3 cups

Ingredients

- 1 cup dried chickpeas, rinsed and checked for any debris or small stones, and then soaked overnight in plenty of water
- ½ cup tahini
- 3 large cloves garlic
- 3 teaspoons ground cumin
- Juice from 2 lemons
- ¾ cup chickpea cooking water
- 1 teaspoon salt
- Pepper to taste

Method

1. Drain the soaked chickpeas and rinse well. Place into a large pot and generously cover with water. Bring to the boil and cook uncovered for 15 – 20 minutes, or until the chickpeas are completely soft and you can squash one easily between your thumb and forefinger.
2. Drain the chickpeas saving ¾ cup of the cooking water.
3. Place all the ingredients into a food processor with the blade attached and blend well until the hummus is creamy and smooth, scraping down the sides of the food processor bowl every now and then. Taste the hummus and add extra seasoning if required.
4. Serve with *Pita Bread* crisps and carrot sticks as a snack, or in warmed *Pita Bread* with *Sprouted Falafel* and mixed salads such as *Middle Eastern Beetroot & Red Onion Salad* for a lunch or light dinner.

Rosemary Infused Olive Oil optional topping – take 1 cup of hummus and place it into a serving bowl. Heat 3 – 4 tablespoons of extra virgin olive oil with 1 tablespoon of coarsely chopped fresh rosemary until it just begins to sizzle. Pour the sizzling infused oil over the hummus and serve immediately.

Smoked Paprika and Sesame Infused Olive Oil optional topping - take 1 cup of hummus and place it into a serving bowl. Heat 3 – 4 tablespoons of extra virgin olive oil with 2 teaspoons of sesame seeds and 1 teaspoon of smoked paprika until it just begins to sizzle. Pour the sizzling infused oil over the hummus and serve immediately.