



# Hummus

**Season:** All

**Serves:** 30 tastes in the classroom  
or 6 at home

**Fresh from the garden:** garlic, lemon, parsley

What's your favourite way of eating hummus – with bread, vegetable sticks, dolloped over a fresh salad? This creamy, high-protein dip is a great way to make a snack into simple tasty meal.

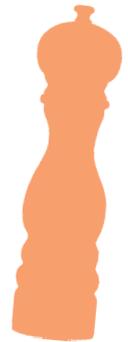
The chickpeas should have been soaked in water overnight so they cook well. They also take around 1 hour to cook, so they will have been prepared ahead for you, and you may help to prepare some for the next class. Cook the chickpeas in lightly salted water until very soft. Allow to cool, reserving a little of the water. A well-known version of hummus contains tahini (sesame paste) and is correctly known as 'hummus bi tahini'; for this variation, add 3 tablespoons of tahini to the recipe below.

## Equipment:

metric measuring scales,  
cups and spoons  
large saucepan  
colander  
clean tea towel  
chopping board  
knives – 1 small, 1 cook's  
citrus juicer  
small frying pan  
wooden spoon  
mortar and pestle  
food processor  
spatula  
serving plates

## Ingredients:

2 tsp cumin seeds  
120 g dried chickpeas, soaked overnight,  
cooked and drained (or 2 tins of  
chickpeas), liquid reserved  
1/2 tsp salt  
1/2 tsp black pepper  
1/4 cup olive oil, plus extra for drizzling  
2 garlic cloves, peeled and finely chopped  
juice of a lemon  
1 handful of parsley as a garnish  
1 pinch cayenne pepper (optional)



## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Roast the cumin seeds in the small frying pan over a low heat until aromatic.
3. Grind the toasted seeds in the mortar and pestle.
4. Add the chickpeas and cumin to the food processor and season.
5. Process for 30 seconds, then add the olive oil, garlic and lemon.
6. Add a little cooking water or olive oil if needed and blend again to make a soft purée.
7. Taste and check for seasoning.
8. Spoon onto serving plates and garnish each one with some torn parsley, cayenne pepper and a little drizzle of oil.

