

Hummus

Season: All

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: garlic, lemon, parsley

Recipe source: Adapted from Stephanie Alexander's *Kitchen Garden Companion* (Penguin Lantern 2009)

The word for chickpea in Arabic is hummus, and the creamy paste made from chickpeas is so well loved that it has taken this name. What's your favourite way of eating hummus – with bread, vegetable sticks, dolloped over a fresh salad?

The chickpeas should have been soaked in water overnight so they cook well. They also take around 2 hours to cook, so they will have been prepared ahead for you to use in this recipe, and you may help to prepare some for the next class. Cook the chickpeas until very soft – about two hours – and add salt towards the end of the cooking time. Allow to cool a little in the water.

A well-known version of hummus is correctly known as 'hummus bi tahini' and contains tahini (sesame paste), for this quantity you could add 3 tablespoons of tahini.

Equipment:

metric measuring scales, spoons and cups
large pot
small frying pan
wooden spoon
mortar and pestle
blender
spatula
serving plates

Ingredients:

120 g dried chickpeas, soaked overnight (or 2 tins of chickpeas)
salt
2 tsp ground cumin
black pepper
2 garlic cloves, finely chopped
juice of 1 lemon
pinch cayenne pepper (optional)
¼ cup olive oil, some extra for drizzling
1 handful of parsley as a garnish



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Roast the cumin seeds in a small frying pan over a low heat until aromatic.
3. Grind the toasted seeds in a mortar and pestle.
4. Add the chickpeas to a blender and season with cumin and pepper.
5. Process for 30 seconds, then add the remaining ingredients (except the parsley).
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, then spoon onto your serving plates and garnish each one with some torn parsley and a little drizzle of oil.

