



HUMMUS

INGREDIENTS

[one large bowl]

1 cup dried chickpeas [small ones]

or 2 cans chickpeas

1/4 cup tahini

juice from one lemon

1-2 garlic cloves

sprinkle cumin

salt

olive oil

fresh parsley

METHOD

Pick through dried chickpeas for damaged grains or small stones. Wash several times till water is transparent. Soak in clean water over night. Rinse and soak again in tap for a few more hours. Wash again and then put in a large pot, cover with water and cook for approximately 1 - 1.5 hours, till you can easily smash the peas with your fingers. Change the water once during cooking. Remove the peels and foam which is floating, drain and keep cooking water. If using canned chick peas, leave out the washing step and cook in the same way for 1 - 1.5 hours. Place the chick peas, tahini, lemon juice, garlic, cumin and salt in a blender and blend till smooth. Add some of the cooking water if needed. The mixture will thicken up as it cools. Serve with chopped parsley and olive oil.