



Hummus

Lebanon | Easy | 10 min | 6 servings | Side Dish



Tasty Mediterraneo's Hummus recipe is savoury, creamy and smooth. A healthy vegan and gluten free appetizer rich in fibre and protein. It is perfect served with bread and/or fresh raw vegetables (carrots, peppers...) to dip in.

Tools and equipment

~ mortar and pestle

~ food processor

Directions

Method:

- 1** If you are using dried chickpeas, to cook them: soak the dried chickpeas in warm water for 12 hours with teaspoon of baking soda (ideally leave them soaking overnight). Rinse them well and drain. Bring water to a boil in a cooking pot and when the water is boiling add the chickpeas and leave them cooking over low heat for approximately 2 hours until tender. Remove them from the heat, drain and leave them to cool. Reserve the cooking water. If you have forgotten to soak them overnight or you do not have the time to cook them as explained, you could use canned organic chickpeas in water (but make sure to rinse them well and drain).
- 2** Puree the cooked chickpeas in a food processor adding approximately 50ml (3 tablespoons) of the cooking liquid.
- 3** Mix the peeled and crushed garlic cloves, the salt and the cumin in a mortar and pestle until you get a paste. Add the tahini and the lemon juice.
- 4** Add this paste to the mashed chickpeas mixture and use the food processor to blend it into a creamy puree.
- 5** Spoon the hummus into a serving bowl and, with the help of the back of a spoon, sculpt a well in the centre of the hummus. Add the few whole chickpeas that were reserved, drizzle with extra virgin olive oil so that it runs into the well, sprinkle with paprika and add the parsley to decorate.



Ingredients

- **500g (2 ½ cup) chickpeas, cooked (reserve part of the cooking liquid and a few whole chickpeas)**
- **2 garlic cloves, peeled and crushed**
- **1 teaspoon sea salt**
- **teaspoon cumin**
- **3 tablespoons tahini (sesame seed paste)**
- **juice of 2 lemons**
- **3 tablespoon extra-virgin olive oil for the garnish**
- **1 bunch parsley**
- **1 teaspoon Pimentón de la Vera (Spanish Paprika)**