

HEAVENLY HUMMUS



I love chickpeas. Let me repeat this...I *loooooove* chickpeas, in whatever shape or form they come in, (except soup – in a nutshell...childhood traumas!), so, when I first tried Hummus, that was it! I was hooked for life! I know there are a billion Hummus recipes you could use, and I'm sure they're all great. There's nothing especially different about my version...I just love it so much, I wanted to include it in my list of favourite recipes. In the past, I never added parsley, but

now I can't eat it without it, and I don't just mean as a garnish, but inside the Hummus. You can enjoy it with some toasted Arabic bread, as a dip for cut raw veggies, and it is the perfect accompaniment for my *Beetroot, Chickpeas, Carrots & Seeds Burgers*, so give it a go! If you've never had it, there's a big chance you'll fall in love!

Yields:

12-16 servings

Prep. Time:

0 hours **20** minutes

Cook Time:

1 hour **00** minutes

Total Time:

1 hour **20** minutes



Not suitable for freezing



Suitable from **18** months



Suitable for vegans



Suitable for vegetarians

INGREDIENTS

- 500g dry chickpeas, soaked overnight and boiled
- 3-4 cloves garlic, crushed
- Juice of 3-4 lemons, depending on how sour you like it to taste
- About 1 cup (250ml) of reserved chickpea cooking liquid
- 1 large handful parsley, finely chopped
- 2 Tbsp tahini
- 12 Tbsp olive oil
- 2-3 tsp ground cumin powder
- 1 tsp salt
- 1 tsp ground black pepper
- 2 tsp dry roasted pine nuts, for decoration (optional)
- ½ tsp Paprika, for decoration (optional)

METHOD

1. Soak the chickpeas in water overnight. Make sure the water covers them well.
2. The next day, drain the chickpeas, then place in a pot and cover with plenty of cold water.
3. Boil, removing the white frothy foam every now and then, until tender. It is important that you *don't* add salt whilst boiling, or they'll never soften.
4. Once boiled, drain, making sure to reserve about 1 cup (250ml) of cooking liquid.
5. Place in a large bowl and add all the other ingredients, but only about $\frac{1}{4}$ of the reserved cooking liquid. You can add more later, once everything has been mixed together, depending on how solid (or not) you like your Hummus. Also, don't pour in all of the lemon juice. Try it, see how sour you like it, and then you could always add more later.
6. You can use a blender for the next part, but I find using a hand-held immersion blender *faaaaar* better and easier.
7. Blend until all the ingredients are well incorporated. Don't blend until the Hummus looks like some kind of strangely-coloured paste – it's more appetising if it has a little texture.
8. Taste the Hummus, and now is the time to adjust how much salt or pepper you want.
9. If it's too thick, now is also the time to add more reserved cooking liquid to reach a desired consistency.
10. Dry roast some pine nuts, and add on top of the Hummus.
11. Sprinkle a little Paprika and drizzle a little extra virgin olive oil, and...there you have it!



