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By Hakki Kati(mimosa Head chef)

Hummus

Serves 4

Cooking and Preparation

20 minutes Preparation, 1-1.5 hours cooking

Suitable for

V,ve, Gu, Df

Ingredients

- 2 cups dried chickpeas or 1 cans organic chick peas(500gr)
- 1 tsp sea salt
- 3/4 cup tahini
- 3 gloves fresh crushed garlic
- 1 fresh lemon juiced
- 1/4 cup extra virgin olive oil
- 1/4 cup water
- Handful freshly chopped Parsley
- Handful freshly chopped Mint
- Handful freshly chopped dill
- 1 teasp Dried Mint
- 1/2 teasp Chile flakes pepper

Wash the chickpeas



Hummus with chickpeas



To serve

Cold or hot (for hot, just put hummus in safe bowl and put in oven for 5 minutes)

You could serve hummus as a base and you choose a topping to go on it(hot or cold topping). For example, you could have hummus with chicken, beef or hummus with mushrooms, beans. All hummus dishes perfect with pitta bread .Be adventurous.

Method

1. Pour the chickpeas over a large plate. Go over them and look for damaged grains small stones, or any other thing you would rather leave out of the plate.

2. Wash the chickpeas **several** times, until the water is transparent. Soak them in clean water over night with 1 tablespoon of baking soda. Then, wash it, and soak again in tap water for a few more hours. The grains should absorb most of the water and almost double their volume.

For easy hummus use organic cans chick peas (pre-cooked) wash until water transparent

3. Wash the chickpeas **well** and put them in a large pot. Cover with water; add the rest baking soda and NO salt. Cook until the grains are very easily smashed when pressed between two fingers. It should take around 1-1.5 hours, during which it is advised to switch the water once again, and remove the peels and foam which float over the cooking water. When done, sieve the grains and keep the cooking water.

4. Put the chickpeas into a food processor and grind well. Leave it to chill a little while before you continue.

5. Add the tahini and the rest of the ingredients and go on with the food processor until you get the desired texture. If the Humus is too thick, add some of the cooking water. It should be thinner than the actual desired texture.

Serve with extra virgin olive oil and chopped parsley.Don't forget you could use topping with your hummus

n:Contains nuts **v**:suitable for vegetarians **ve**:suitable for vegan **Gu**:Gluten wheat free **Df**:Dairy Free

Hummus oven cooked



Hummus with flath
Mushroom

