Hummus

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.

Ingredients:
- 200 g chickpeas, soaked overnight
- salt
- black pepper
- 2 teaspoons ground cumin
- 2 garlic cloves
- 1 lemon
- pinch cayenne pepper (optional)
- handful parsley sprigs
- ¼ cup olive oil

What to do:
- Cook the chickpeas until very soft and add salt towards the end of the cooking time. Allow to cool a little in the water.
- Transfer the chickpeas to a blender and season with cumin and pepper
- Process, stopping every now and then to gradually add the rest of the ingredients (except the oil and parsley), until you get the taste you like – remember, though, that it should taste a little ‘sharp’.
- Add a little cooking water and blend again to make a soft purée.
- Spoon onto your serving plates, and garnish each one with some torn parsley parsley and a little drizzle of oil.