



# Hummus

Season: All

Type: Dips

Difficulty: Easy

Serves: 30 tastes in the classroom  
or 6 at home

**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.

## Equipment:

metric measuring scales,  
spoons and cups  
large pot  
blender  
spatula  
serving plates

## 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.

