

Hummus

Ingredients

2 tins chickpeas (garbanzo beans), or an equivalent quantity dried, soaked and cooked
2 - 3 garlic cloves, peeled
90 ml olive oil + extra for serving/garnish
90 ml lemon juice (preferably fresh - then also add some lemon zest for extra zing)
30 ml tahini
100 ml chopped Italian parsley
1 tsp cumin



What to do

1. Drain the chickpeas, reserving the brine. *
2. Put all the ingredients in a medium sized bowl and blend with a stick blender.
3. Add brine until the right consistency is reached.
4. In addition to serving with crudité, use as a base for a vegan salad dressing or as a base for a salad topping on flat breads.

Notes:

- Use any excess brine (aquafaba) to make vegan mayonnaise or meringue.
- This makes quite a decent quantity and keeps well in a clean, screw top jar, with a swirl of oil, it'll keep for as long as a month in the fridge.
- When you serve it, sprinkle a little paprika over the top with a swirl of olive oil and top with a sprig of parsley.

