

Basic Hummus

Serves 6-8

- 2 (400 g) cans of chickpeas
(7 T reserve liquid and a few chickpeas for decoration)
- 20 g (4 tsp) tahini or 白ねりごま
- 2 garlic cloves, crushed
- 1 tsp salt, to taste
- 75 ml extra virgin olive oil (plus extra for drizzling)
- 1 large lemon, juiced
- Paprika (optional)
- Pak chee or parsley leaves (optional)



1. Rinse **chickpeas** in cold water and put in food processor.
2. Add **tahini, garlic, salt, lemon** juice and **7 T of reserved liquid**.
3. Process all ingredients until smooth and then slowly add the **olive oil** while the machine is running.
4. After the mixture has been full incorporated and smooth, place in serving dish.
5. Drizzle with some more **olive oil** and decorate with a few **whole chickpeas**.
6. Sprinkle with **paprika** and finely chopped **coriander** or parsley leaves, for color.
7. Freezes well.