

HOUMOUS

Jay
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 Makes a sharing dip bowl

 Total Time: 15min

 Storage: 5 days in the fridge

Ingredients:

- 1 x 400g, can of drained and rinsed chickpeas
- The juice of 1 whole lemon
- 2 cloves of garlic (peeled)
- 30g of tahini paste
- 20ml of cold pressed rapeseed oil
- 1 pinch of Himalayan pink salt
- 1 pinch ground black pepper

Equipment needed: High speed blender or food processor, Spoons, Chopping board, Chef's knife

Method:

Place the chickpeas into the high speed blender – a high speed blender is always my preference for hummus to get it as smooth as possible (a Nutribullet will work fine for this too) or alternatively if you have neither a food processor will work just won't get it to the super smooth consistency that we want

Add all of the other ingredients to the blender and season well

Blend on full speed for 1-2 minutes until the hummus is super smooth

Serve and enjoy

Additions

I love to play around with hummous and when creating new flavours there are so many options and things that work so well. Here are a few ideas:

Beetroot humous – Roast one whole beetroot and add it into this recipe

Chilli humous – Add cayenne pepper to this recipe. I will leave the quantity down to your preference

Adding tomato salsa to humous like I have done here in this video lesson is also a huge winner.

Top Tips

If you don't have a high speed available to you and you are using a food processor, a good way to get your hummous smoother is to peel the chickpeas. It is a bit of a tedious job but is well worth it and will make all the difference.