

Season: Year round
From the garden: Garlic, lemon, parsley
Type: Starter
Difficulty: Easy
Serves: 4-6 adults as a side dish/12-15 tastes (double for a normal size class)
Source: Adapted from Stephanie Alexander – *The Cook's Companion*

Equipment

- Large mixing bowl
- Can opener
- Colander
- Saucepan – if using dry chick peas
- Food processor
- Garlic crusher
- Lemon juicer
- Scraper
- Clean tea towel x 1 or salad spinner

Ingredients

- 250g dry chick peas or 400g tin of chick peas
 - Pepper
 - Salt
 - 2 teaspoons of ground cumin
 - 2 large cloves of garlic, crushed
 - 3 tablespoons lemon juice
 - Sprigs of parsley
 - 3 tablespoons extra virgin olive oil
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How to make it

1. **If using dry chick peas:** place into large saucepan, cover with water and soak overnight. The next day, pour away the soaking water and cook the chick peas in fresh water for 2 hours. When tender allow the chick peas to cool in the water before draining.
2. **If using a tin of chick peas:** open the tin using the tin opener and drain the chick peas by tipping into the colander. Rinse the chick peas with water and drain again.
3. Transfer the chick peas to the food processor and season with cumin and crushed garlic.
4. Process, gradually adding lemon, salt and pepper to taste until your preferred balance is achieved.
5. Add a little water and process again to make a soft puree.
6. Spoon onto a plate, garnish with parsley and drizzle with olive oil.

Notes:

- Serve with flat bread or vegetable sticks (crudité).
- “Hummus” is the Arabic word for “chick pea”.
- A delicate variation, called “hummus be tahina” can be made by halving the quantity of chick peas and adding 150ml of tahini (sesame paste) to the puree.