

Recipes and Tips



Hummus

8 oz drained well-cooked or canned chickpeas, cooking liquid reserved if possible
2 oz tahini, with some of its oil
1 oz extra virgin olive oil
1 garlic clove, or to taste
Juice of 1 lemon, plus more as needed
Salt and pepper
1 ½ teaspoons ground cumin or paprika, or to taste

Put the chickpeas, tahini, cumin or paprika, oil, garlic and lemon juice in a food processor, sprinkle with salt and pepper and begin to process; add chickpea-cooking liquid or water as needed to produce a smooth purée.

Taste and adjust seasoning, adding more salt, pepper or lemon juice as needed. Serve, drizzled with some olive oil and sprinkled with a bit of cumin or paprika and some parsley.

It freezes well if you don't want to use it all at once – in an ice cube tray if you want to have the correct amount of sandwiches.