

Homemade hummus

Nothing beats the smoothness of fresh hummus!



This quick and easy hummus recipe will be a show stopping snack at any dinner party.

Ingredients

- ¼ cup tahini
- ¼ cup fresh lemon juice (about 1 large lemon)
- 2 tbsp olive oil
- ½ large garlic clove, crushed
- ½ tsp ground cumin
- ½ tsp sea salt (to taste)
- 1 tin chickpeas (400 g), drained and rinsed well
- 3 tbsp water

- Extra-virgin olive oil, dash of ground smoky paprika and fresh flat leaf parsley

leaves, to serve

Method

In the bowl of a food processor, combine tahini and lemon juice. Process for 1 minute. Scrape sides and bottom of bowl then turn on and process for 30 seconds. This extra time helps 'whip' or 'cream' the tahini, making for a smooth and creamy hummus. Add the olive oil, garlic, cumin and the salt to whipped tahini and lemon juice. Process for 30 seconds, scrape sides and bottom of bowl then process another 30 seconds.

Add half of the chickpeas to the mix then process for 1 minute. Scrape sides and bottom of bowl, add remaining chickpeas and process for 1 to 2 minutes or until thick and quite smooth.

Most likely the hummus will be too thick or still have tiny bits of unprocessed chickpeas. To fix this, with the food processor turned on slowly, add around 3 tablespoons of water until the consistency is perfect.

Scrape the hummus into a bowl and drizzle with extra virgin olive oil, a sprinkling of paprika and fresh parsley. Best served at room temperature.

Serve with lavosh or your choice of crackers.

*Will store in fridge for up to 1 week.

Recipe by: Nellie Kerrison of [Relish Mama Cooking School](#)

NEXT: After more starts? Try the [prawn and scallop lemongrass skewers](#).