

Hummus with Paprika Oil

Type: Starter

Serves: Makes 1.5 cups

Recipe source: Cooking With Kids

Stephanie Alexander

Fresh from the garden: parsley, lemons, garlic

Cooks Note: If time permits dried chickpeas can be used. Soak overnight, rinse and then boil for 1 hour – chick peas are cooked when soft. Rinse and use the same as canned chickpeas

<p>EQUIPMENT:</p> <p>Strainer/colander Bowls 2 small and 1 large Measuring spoons and cups Frying pan Wooden spatula Mortar and Pestle Food Processor 1 knife 1 chopping board Hand juicer Silicone spatula</p> <p>TO SERVE:</p> <p>3 small flat serving bowls 3 teaspoons</p>	<p>INGREDIENTS:</p> <p>75g canned chickpeas $\frac{1}{2}$ teaspoon paprika $\frac{1}{2}$ tablespoon extra-virgin olive oil $\frac{1}{2}$ teaspoon cumin seeds $\frac{1}{3}$ cup tahini paste Salt Fresh ground pepper</p> <p><i>From the Harvest Table</i></p> <p>1 cloves garlic 1 lemon 3 parsley leaves (garnish)</p>
--	---

What to do:

1. Drain chickpeas through with a sieve placed over a small bowl. Set aside liquid from the can. Please save unused water for next class
2. Mix paprika and oil in the small bowls and set aside.
3. Heat cumin seeds in the frying pan over medium heat stirring until they smell fragrant. Tip the seeds into the mortar and pestle and use the pestle to grind to a powder.
4. Set out chopping board
5. Peel and crush the garlic
6. Cut lemons in half and juice with the hand juicer
7. Wash parsley and pat dry with clean tea towel
8. Place chick peas, lemon juice, cumin and garlic in the food processor with $\frac{1}{4}$ cup of reserved chick pea water. Process until a smooth cream
9. Spoon in the tahini and process again. Add more chick pea water if the mixture is too thick. Add salt and pepper and taste. Add more if needed
10. Use the spatula to scoop the paste onto the shallow plate. Mark a channel around the paste with a teaspoon to hold the paprika oil then drizzle the paprika oil into the channel that you have made. Decorate the plates with parsley leaves.