



Black Hummus

What to collect

Ingredients	Equipment
150g chickpeas, soaked overnight	metric measuring spoons
1 teaspoon cumin seeds	small frying pan
2 cloves of garlic, peeled & chopped	mortar & pestle
2 lemons, juiced	juicer
2/3 cup black tahini paste	food processor
salt/pepper	spatula

What to do

1. Drain soaking chickpeas and rinse under cold water. Tip chickpeas into a saucepan and cover with water.
2. Bring to the boil and simmer for an hour or until cooked.
3. Save ½ cup of the cooking water from the chickpeas. Drain them and set aside.
4. Heat cumin seeds in the frying pan over medium heat, stirring with a wooden spoon until fragrant. Tip seeds into a mortar & pestle to grind to a powder.
5. Place chopped garlic, chickpeas, lemon juice, cumin and ½ of the reserved cooking liquid into the food processor bowl and process to a smooth cream.
6. Spoon in the black tahini and process.
7. If it is still too thick you can always add more of the cooking liquid. Season to taste and serve.