

Hummus with Paprika Oil

What to collect

Ingredients	Equipment
150g chickpeas, soaked in water overnight	colander, food processor, spatula, shallow plate for serving
1 teaspoon paprika	knives – 1 small, 1 large
1 tablespoon extra-virgin olive oil	large saucepan
1 teaspoon cumin seeds	metric measuring spoons and cups
4 parsley leaves	bowl – 1 large, 1 small
2 cloves garlic	teaspoon
2 lemons	fork
2/3 cup tahini paste	wooden spoon
salt	frying pan
freshly ground black pepper	mortar and pestle
	tea towel, chopping board

What to do

1. Drain the soaking chickpeas in the colander and rinse with cold water. Tip chickpeas into the large saucepan and cover with water. Bring to the boil and simmer for 1 hour, or until cooked. Chickpeas are cooked when they are soft.
2. Place the colander in a large bowl. Tip the chickpeas and boiling water into the colander. Save $\frac{1}{2}$ a cup of the cooking water.
3. Mix the paprika and oil in the small bowl and set aside.
4. Heat the cumin seeds in the frying pan over medium heat, stirring with the wooden spoon until smell fragrant. Tip the seeds into the mortar and use the pestle to grind to a powder.
5. Wash parsley and pat dry with the tea towel.
6. Set out the chopping boards and knives.
7. Peel and chop the garlic.
8. Juice the lemons.
9. Place the chickpeas, lemon juice, cumin and garlic in the food processor, along with half of the reserved cooking liquid and process to a smooth cream.

- 10. Spoon in the tahini and blend again. Add more cooking water if the mixture is too thick. Taste for salt and pepper.**
- 11. Use the spatula to scoop the paste onto the shallow plate.**
- 12. Mark a channel all around the paste with the teaspoon, then drizzle the paprika oil into this channel.**
- 13. Decorate the plate with the parsley leaves.**