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| **Trio of Hummus Family Circle – Deli Food, River Cottage Veg, and** [https://www.bobbiskozykitchen.com](https://www.bobbiskozykitchen.com/) |

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| **Makes** | 30 tastes in the classroom | **From the****garden:** | Beetroot, zucchini |

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| **Equipment** | **Ingredients** |

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| * Food processor
* Measuring spoons and cups
* Juicer
* Baking tray
* Small frying pan
* Mortar and pestle
* Grill fry pan
* Serving bowls
 | Traditional Hummus (Makes 2 cups)* 2 x 425g can chickpeas
* 4 tbsp olive oil
* 4 cloves garlic, crushed
* 4-6 tbsp lemon juice

½ cup tahini* Salt and pepper to taste

Beetroot Hummus* 50g walnuts
* 1 tbsp cumin seeds
* 15g stale bread torn into chunks or almond meal
* 200g cooked beets, cut into cubes
* 1 tbsp tahini
* 1 clove garlic, crushed
* Juice of a lemon
* Olive oil
* Sea salt and freshly ground pepper

Zucchini Hummus* 4 medium zucchini, sliced into long strips
* 3 cloves garlic
* 1 lime, juiced
* 3 tbsp tahini
* 1 tsp cumin
* ¼ cup fresh coriander leaves
* Salt and pepper
* Olive oil
* Paprika for garnish
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| **What to do** |

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| 1. **Traditional Hummus** – Drain and rinse chickpeas, place in food processor with olive oil, garlic and lemon juice.
2. Season with salt and pepper
3. Process for 20-30 seconds, or until smooth.
4. Add tahini and process for 10 seconds. Spoon into serving bowls.
5. **Beetroot Hummus** – Preheat oven to 180C. Toast walnuts on a baking tray in oven for 5-7 minutes. Leave to cool.
6. Warm a small fry pan over medium heat and toast cumin seeds, shaking the pan until they darken and release their aroma. (Don’t burn them!)
7. Crush warm seeds in mortar and pestle.
8. Put bread or almond meal for GF recipe and toasted walnuts into a food processor and blitz to fine crumbs.
9. Add beets, tahini, most of the garlic and cumin, juice of ½ lemon, 1 ½ tsp of oil, a little salt and grinding of black pepper. Blend to a thick paste.
10. Taste and adjust by adding a little more cumin, garlic, lemon, salt and/or pepper. Blend again. Serve at room temperature.
11. **Zummus -** Sprinkle zucchini strips with salt and pepper.
12. Heat the grill pan to medium-high heat. Oil grates.
13. Grill zucchini a couple of minutes per side or until grill marks appear.
14. Place grilled zucchini, garlic, lime juice, tahini, cumin, coriander, salt and pepper in food processor. Blitz until smooth.
15. Add a little more olive oil of you want a thinner consistency.
16. Spoon into a serving bowl and top with a drizzle of olive oil, sprinkle with paprika and a few coriander leaves.
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| **Bottom Drawer** |  *Did you know?* "Hummus" comes from the Arabic word meaning "chickpeas", and the full name of the prepared spread in Arabic is *ḥummuṣ bi ṭaḥīna* which means "chickpeas with tahini".Although multiple different theories and claims of origins exist in various parts of the Middle East, evidence is insufficient to determine the precise location or time of the invention of hummus. Today it remains a common part of everyday meals in many Middle Eastern countries.  |