Hummus

Serves 8

Ingredients

500 g	Chickpeas 3 glass
507 g	Tahini 2½ glass
15 g	Garlic 5 clove
48 g	Lemon juice 1 pc
28.8 g	Butter 2 tbsp

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. Soak the chickpeas in water overnight.
2. Next day, cover with water about 3 cm above the chickpeas and cook until very soft. If the water runs short, top up with a little boiling water and keep cooking.
3. Once cool, remove the skins and mash the chickpeas into a puree.
4. Pound the garlic in a mortar, add it with the tahini to the chickpea puree and mix well.
5. Use the lemon juice as well, in the amount listed.
6. Put the hummus on a plate and, if you like, drizzle the butter over it.

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