

Hommus Dip and Vegetable Crudités

Equipment:		Ingredients:
Colander	Lemon juicer	150g Chick peas, soaked overnight
Large saucepan	Food processor	4 tsp. Paprika
Bowls – 1 large, 1 small	Teaspoon	4 tbsp. Olive oil
Metric measuring spoons and cups	Spatula	1 tsp. Cumin seeds
Frying pan	Shallow plates for serving	12 Parsley leaves
Wooden spoon		2 Cloves garlic
Mortar & pestle		2 Lemons
Tea towel		2/3 cup Tahini paste
Chopping board		Salt
Knives – small and large		Freshly ground black pepper
		Seasonal vegetables chopped into finger lengths for dipping (carrot, snow peas, etc)

What to do:

- Drain the soaking chick peas in the colander and rinse with cold water.
- Bring to the boil and simmer until cooked and soft (about 1 hr).
- Drain into the colander, saving ½ cup of the cooking water.
- Mix the paprika and oil together in the small bowl and set aside.
- Heat the cumin seeds in the frying pan over medium heat and stir with the wooden spoon until fragrant. Tip the seeds into the mortar and pestle and grind to a powder.
- Wash the parsley leaves and pat dry with the tea towel.
- Set out the chopping board and knives. Peel and chop the garlic.
- Juice the lemons.
- Place the chick peas, lemon juice, cumin and garlic in the food processor along with half of the reserved cooking water, and process to a smooth cream. Spoon in the Tahini and blend again.
- Add more cooking water if the mixture is too thick. Taste for salt and pepper.
- Use the spatula to scoop the paste onto the shallow plates (1 per table).
- Mark a channel around the paste with the teaspoon, then drizzle the paprika oil into this channel. Decorate the plate with parsley leaves.
- Serve with seasonal vegetable crudités