

kombu and bayleaf are supposed to aid with digesting the peas!

# h o m m o u s

## **Equipment:**

food processor, saucepan, scales, frying pan, chopping board  
knife, wooden wok stirrer, mortar and pestle, measuring cup  
and spoons, bowl

## **Ingredients:**

100gms dried chickpeas, soaked overnight-(250gms cooked)  
1x2cm piece of kombu (dried seaweed, optional)  
1 bay leaf  
¼ cup olive oil  
juice of 1-2 lemons  
1 teaspoon crushed garlic  
2 tblspns tahini  
1 tblspn cumin seeds  
1 tblspn coriander seeds  
½ -1 tspn salt, to taste  
paprika and parsley to decorate

## **Method:**

Soak chickpeas in cold water overnight. The next day drain, put in more cold water, the kombu and bay leaf, bring to the boil, and simmer gently for 2 hrs until tender. Drain, keeping ⅛ cup of the cooking water. Discard kombu and bayleaf.

Dry roast the cumin and coriander seeds in the frypan. You will need to shake the pan so they don't burn. When you can smell them, turn off heat, continuing to agitate pan until they cool a little. Crush in the mortar and pestle.

Meanwhile, put the chickpeas, cooking water, garlic, the smaller amounts of salt, lemon juice + olive oil (you can add more after tasting), tahini, cumin and coriander into the food processor. Whizz until smooth. Taste, then add more salt, juice and/or oil if necessary. Sprinkle with a little paprika and parsley to serve.