

HUMOS CHICKPEA DIP

Ingredients

1 cup dry chickpeas or two tins cooked chickpeas, strained and washed

3 tablespoons tahini

1 clove garlic

Juice of 1 - 2 lemons

Method

- 1** Soak the chickpeas overnight in plenty of water with 1 teaspoon sodium bi-carbonate
- 2** Strain the chickpeas, then wash well with cold water
- 3** Boil chickpeas in salty water till soft
- 4** Strain and place in blender with the garlic
- 5** Put the blended chickpeas in a deep dish or a bowl
- 6** Add the tahini and lemon juice to the chickpeas and mix well
- 7** Add some of the water used to boil the chickpeas to the mix (if too thick)
- 8** Add more lemon juice according to taste
- 9** Add olive oil to the hummus before eating
- 10** Serve with olive oil drizzled on top, and decorate with cumin or paprika, olives and fresh mint leaves
- 11** Serve with Lebanese bread

