

Hummus

Yields about 775 g

Ingredients

- 250 g dried chickpeas
- 75 ml olive oil
- 3 cloves garlic, cut into small pieces
- 4 tbsp lemon juice (1 big lemon)
- 4 tbsp tahini (sesame paste)
- 150 ml cooking water
- ½ tsp salt
- 1 tsp gomasio (roasted sesame with salt)
- 1 tsp hot paprika powder
- 1 tsp chili powder (cayenne)
- ½ tsp cumin, whole (using a mortar & pestle)

Method

At least 8 hours in advance:

- Soak the chickpeas with 750 ml water (overnight).

Afterwards:

- Drain the chickpeas and add new water to the pot. Cook for 60 minutes at a low temperature under a closed lid.
- Drain the **cooking water** but **keep it aside!**
- Let the chickpeas cool down.
- Put all ingredients in a high container and puree them to a smooth paste.

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