



HUMMUS

VEGAN CHICKPEA SNACK

Introduction

Hummus is the undisputed good of all vegans. It originates from Arabic cuisine, and the name “hummus” means chickpeas in Arabic. Popularised in Israel by kibbutzim as a wholesome and filling meal for the whole day of hard work in the fields. It has a lot of varieties, flavours, proportions and methods of preparation, it is just as delicious when made of beans, broad beans or peas.

INGREDIENTS (APPROX. 5)

- 200 g of dry chickpeas
- 50-60 g of tahini
- 1 clove of garlic
- juice from 1 lemon
- 1 teaspoon of ground cumin
- salt to taste
- parsley, za'atar

Preparation method

• Step 1

Rinse the chickpeas thoroughly and pour cold water over them so that it covers the peas twice. Leave in water for a maximum of 12 hours or overnight.

• Step 2

The next day, rinse the chickpeas again and pour water until it covers it completely. Cook until tender – approx. 60-120 minutes, until the peas are soft enough to rub between your fingers. If necessary, refill the water with small amounts so that the chickpeas do not burn. Then strain it, and save the water you used for cooking

• Step 3

Blend the chickpeas in a blender with tahini, lemon juice, garlic and cumin. Gradually add cooking water until you get the desired consistency – smooth and creamy.

• Step 4

Finally, season with salt to taste.

• Step 5

Finished hummus can be served on a deep plate: put 2-3 full tablespoons of hummus on

the plate and spread over the surface of the plate with a circular motion. The hummus prepared in this way can pour over with olive oil and sprinkle with the toppings: chopped parsley, za'atar, whole chickpeas or some other additive.

Smaczniego!