

# HUMMUS

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## INGREDIENTS

1 can chick peas  
2tbsp Tahini  
4 cloves garlic,crushed  
2 tsp ground cumin  
1/4 cup lemon juice  
3 tbsp olive oil  
Large pinch cayenne pepper  
Vegetable stock  
Extra lemon juice, olive oil, paprika and flat  
leaf to garnish

## METHOD

### STEP 1:

Place all the ingredients, except the vegetable stock, into a food processor and process until smooth

### STEP 2:

With the motor running, slowly add vegetable stock until the desired consistency is achieved

### STEP 3:

Check and adjust seasoning

### STEP 4:

Serve in a bowl, topped with a sprinkle of paprika, drizzle of olive oil and a splash of lemon juice

# THE COOKERY

by The Secret Jozi Chef