

HUMMUS

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