**Hummus**

Abdullah Yousef

**INGREDIENTS**

220 g dried chickpeas

2 Tbsp tahini

4 tsps cumin powder

80 ml lemon juice

2 Tbsps olive oil

One large pinch of cayenne pepper

Lemon juice ( optional)

Olive oil ( to garnish)

Paprika (to garnish)

Chopped fresh parsley(to garnish)

**METHOD**

Soak the chickpeas in 1 litre of water overnight. Drain and place in a large saucepan with 2 litres of fresh water (enough to cover the chickpeas by 5 cm.)Bring it to boil, then reduce the heatand simmer for 1 hour 15 minutes,or until the chickpeas are very tender.Skim any scum from the surface. Drain well. Reserve the cooking liquid and leave until cool enough to handle. Pick over fr any loose skins and discard.

Process the chickpeas ,tahini, garlic, cumin, lemon juice,olive oil ,pepper and 1.5 tsp salt in a food processor until thick and smooth. With the motor still running, gradually add enough reserved cooking liquid9about 185 ml)to form a smooth creamy puree. Season with salt or extra lemon juice.

Spread onto a large bowl or plate, drizzle with oil , sprinkle with paprika andscatter the parseley over the top. Serve with pita bread.