

B-J's Family Favourite Recipes

Stan's Hummus

This is another one of my many favourites. I like to make this especially if Alison is coming to stay with her family or occasionally when others call. I don't usually need the water, and I grow my own parsley.

It makes enough for 4-6 as a starter
And more as part of a buffet with drinks
For a party.



Ingredients

425g/15oz cooked chickpeas
(or tinned, drained and rinsed).
2 tbs tahina (sesame seed paste)
2 cloves garlic - or more, to taste
juice of 1 lemon
3 tbs hot water (if wanted)
parsley, finely chopped.
1 tbs olive oil.



Method

Reserve 12 single chickpeas, then put remaining chickpeas, tahina, garlic and lemon juice into a blender. Whizz for 1 minute. Season. Decant into a bowl, spooning olive oil over the top; garnish with the reserved chickpeas and parsley. The oil may be blended with the mix.

Serve with rye bread or in a salad or as a dip with vegetable 'sticks'.

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Compiled, designed and produced by Stan Rose for British-Jewry

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