



Hummus with Paprika Oil

Source – Stephanie Alexander 'Kitchen Garden Cooking with Kids'

Harvest – parsley, garlic, lemon

Vocab Words – tahini, colander, sieve, fragrant, reserved (saved), channel

Skills – boil, drain, toast, food processor

Equipment:

- Metric measuring cups and spoons
- Chopping boards and grips
- Compost bowls
- Knives
- Colander or sieve
- Large saucepan
- Bowls – 1 small, 1 large
- Frying pan and wooden spoon
- Mortar and pestle
- Juicer
- Food Processor and spatula
- Serving Items – small bowls with teaspoons

Ingredients:

- 1 can **chickpeas** (or 150gm dried **chickpeas**)
- 1 teaspoon **paprika**
- 1 tablespoon EV **olive oil**
- 1 teaspoon **cumin seeds**
- 2 cloves **garlic**, peeled and chopped
- 2 **lemons**, juiced
- 165ml ($\frac{2}{3}$ cup) **tahini** paste, hulled
- **Salt** and **Pepper**, to taste
- **Parsley** leaves, washed and pat dry (tea towel or paper towel)

What to do:

1. Wash all garden ingredients and prepare all ingredients based on instructions in the 'Ingredients' list.
2. Drain the chickpeas in the colander and rinse with cold water. Allow to drain again.
3. Toast the cumin seeds in the frying pan (no oil) over medium heat, stirring with the wooden spoon until they smell fragrant. Tip the seeds into the mortar and use the pestle to grind to a powder.
4. Mix the paprika and oil in the small bowl and set aside.
5. Place the chickpeas, lemon juice, cumin and garlic in the food processor and blend, scraping down the sides if needed. Spoon in the tahini and blend again. Add some water if the mixture is too thick.
6. Taste and add salt and pepper, and then place in serving bowls.
7. Mark a channel all around the paste with the teaspoon, and then drizzle the paprika oil into the channel. Decorate with parsley leaves.

Notes: If using dried chickpeas soak them overnight, drain and then boil them for 1 hour or until soft. Drain but reserve 1 cup of the boiling water to thin the dip if needed.