

## Lisa's Best Ever Hummus



### *Ingredients*

For the hummus:

- 2 cans chick peas, drained and rinsed under the cold tap
- 50 ml extra virgin olive oil
- 1/2 tsp salt, plus more if needed
- juice of 1 lemon
- 2 cloves garlic, chopped
- 2 generous tbsps tahini sesame paste
- pinch sugar
- a few tbsps tap water

For the garnish:

- a handful of good black olives, such as Kalamata
  - 3 tbsp roughly chopped parsley
  - scant sprinkling of chili powder or paprika, as you desire
  - 40 - 50 ml extra virgin olive oil, the best you have
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### *Method*

**Note:** You'll need a food processor for this recipe.

To prepare the hummus:

1. Put the un-peeled chickpeas in a bowl.
2. Using your thumb and forefinger, grip a chickpea between your fingers and 'pinch' the pea into another bowl. The pea should pop out, peeled, leaving the skin between your two fingers. Discard the skin.
3. Continue until you have peeled all of the chickpeas. Believe me, the result is worth this extra step!
4. Pop most of the peeled chickpeas into the food processor, reserving a generous handful for the garnish.
5. Add the garlic, tahini, lemon juice, salt, sugar, 50 mls olive oil and about 2 tbsp of tap water to the processor. Blend the ingredients, adding water (if necessary) a little at a time, until the mixture reaches the desired consistency. The mixture should be very smooth.
6. Add more salt and/or lemon juice to taste.

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To Serve:

1. Spoon the hummus out into a decorative bowl.
  2. Crush the reserved chickpeas with the back of a fork and sprinkle on top along with the olives.
  3. Add the olive oil and swirl the mixture slightly so that the olive oil runs in yummy rivulets throughout the hummus.
  4. Sprinkle with the chili or paprika and with the parsley.
  5. Serve, at room temperature, with toasted pita bread triangles or similar.
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