

Basic Houmous Recipe

300g cooked chickpeas or 1 x 400g tin chickpeas,
drained (*save the liquid and freeze ready to use as
an egg replacement in baking recipes*)

2 tablespoons tahini (sesame seed paste) or more
according to taste

½ teaspoon salt

1 - 2 cloves garlic

The juice of half a lemon

3 tablespoons olive oil



1. Place all ingredients in a food processor and blend until smooth.
2. Stir in water a drop at a time until it is the consistency you like. I find I need to add a drop more water a day after making.
3. Check seasoning.

Tips

Keep in the fridge and eat within three days. This recipe makes quite a lot but it freezes well. I usually freeze half in a tub suitable for the freezer. When you want it, defrost in the fridge overnight.

If using tinned chickpeas, this hummus can be quite chunky depending on the power of your blender. To make a smoother hummus – cook the chickpeas in water until soft. Add tahini according to taste.

Cooked beans keep very well in the freezer to be used in recipes.

Soak 1 kg dried beans in water overnight (this cuts down your cooking time).

The next day, bring to the boil then simmer for 50 minutes or up to 1 ½ hours until they are your required consistency. Older beans take longer to cook so check after 50 minutes.

Leave to cool then freeze on a baking tray. Once frozen, pour into a freezer container.

Reheat from frozen or defrost in a fridge overnight.