

# Hummus

Yields about 775 g

## Ingredients

- 250 g dried chickpeas
- 75 g olive oil
- 3 cloves garlic, chopped finely
- 4 tbsp / 60 g lemon juice (1 big lemon)
- 4 tbsp / 68 g tahini / sesame paste
- 150 ml cooking water
- ½ tsp salt
- 1 tsp gomasio (roasted sesame with salt)
- 1 tsp hot paprika powder
- 1 tsp chili powder / cayenne pepper
- ½ tsp cumin, whole (using a mortar & pestle)

## Method

### At least 8 hours in advance

- Soak the chickpeas with 750 ml water overnight.

### Now

- Drain the chickpeas, boil about 750 ml water in a kettle and cook the chickpeas in the boiled water for 60 minutes at a low temperature (e.g. 3 of 9) under a closed lid.
- Drain the **cooking water** but **keep it aside!**
- Let the chickpeas cool down.
- Put all ingredients in a high container and puree them to a smooth paste, using a stick blender.

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