



Basic Hummus

I experimented a lot with hummus, but the best basic recipe I made was this one.

You can easily make loads of variations with this basic recipe. Use beans instead of chickpeas, add roasted onions, chilli, roasted vegetables, chopped fresh herbs etc.

Spread it on toast, serve it with avocado, on bagels – hummus is a must in every vegan kitchen.

Ingredients

1 tin of chickpeas (don't throw away the liquid, you can use the aquafaba as an egg white substitute for meringues, chocolate mousse etc, store it in an airtight container in the fridge until you need it)

2 garlic cloves

1,5 lemons (juice)

3 tablespoons olive oil

2 tablespoons tahini

herb salt

black pepper

a pinch of cayenne pepper

½ teaspoon cumin

ice water (optional)

Instructions

- add all ingredients into a blender/food processor in THIS order (if you change the order it won't be so easy to mix it):

1. lemon juice
2. olive oil
3. chickpeas
4. garlic (cut in smallish chunks)
5. tahini
6. salt, pepper, cayenne, cumin

- process the mixture until it becomes a smooth and fluffy paste
- you need to stop in between, let the processor cool down and scrap down the paste with a spatula
- if the paste is too firm, add a bit of ice water
- store in an airtight container in the fridge for several days