



# Hummus

**ingredients:** 500 g tinned chickpeas or 350 g dried chickpeas • 4 tablespoons tahini (sesame paste) • Juice of 2 lemons • 3 garlic cloves • 3 tablespoons olive oil • Salt

## Preparation

If you are using dried chickpeas, soak them in cold water overnight. You can also use tinned, ready-cooked chickpeas.

The next day, simmer the chickpeas over a low heat in a pan of salted water for approximately one hour.

Peel the garlic cloves, put them in the cutter bowl and chop finely.

Add the sesame paste, chickpeas (cooked and drained), lemon juice and salt.

Blend all the ingredients to form a smooth purée and serve with a dash of olive oil.

Check the seasoning.

## Suggestion

Hummus makes an ideal accompaniment for grilled meats, kibbe or simply a selection of raw vegetables and Arab bread. Some people even have it for breakfast or for a late supper. It is a key ingredient of mezze.