

Hummus

Ingredients:

200g chickpeas (pre-prepared) and some reserved cooking liquid

Salt

Black pepper

2 teaspoons ground cumin

2 garlic cloves

1 lemon

Pinch cayenne pepper

Handful parsley sprigs

¼ cup olive oil

Method:

Put chickpeas in blender and season with cumin and pepper.

Process, stopping every now and then to gradually add the rest of ingredients (except oil and parsley), until you get the taste you like-remember, though that it should taste a little 'sharp'.

Add a little cooking water and blend again to make a soft puree.

Spoon onto serving plates and garnish each one with some torn parsley and a little drizzle of olive oil.