



Hummus

Adapted from **Alison Bell**, Chief Instructor, Rocky Mountain Cafe, David Thompson Secondary School Cook Training, Invermere.

3 L (50 servings)

Serving Size: 60 ml

Ingredients

- 2 kg cooked chickpeas (about 12 cups) or 2.84 L canned, drained and rinsed
- 250 ml water
- 250 ml lemon juice
- 500 ml tahini
- 45 ml minced garlic
- 250 ml fresh parsley, chopped
- 15 ml salt

Optional Garnishes

- Cayenne
- Paprika
- Cumin
- Olive oil

Method

Step 1

In a 3 L blender bowl, blend $\frac{1}{2}$ the chickpeas with 125 ml water, 125 ml lemon juice, 150 ml tahini, 22 ml garlic, 125 ml parsley, 15 ml olive oil and cayenne (if using). Blend until smooth.

Step 2

Scrape hummus into a bowl and repeat.

Step 3

If desired, top with a swirl of olive oil and a sprinkling of spice of choice.

Instant Pressure Cooker variation: For dried chickpeas, place 6 cups in a bowl and soak them in 3 times the water overnight. The next day, drain and add chickpeas to pressure cooker with 14 cups water and 1 tsp baking soda (this helps soften the beans). Cook on high for 18 minutes. Alternately, you can simmer in a pot, but it will take 30–45 minutes, depending on the freshness of the chickpeas. Drain and use instead of canned chickpeas in the recipe.

HACCP

- Wash hands before handling food, after handling raw foods, and after any activity that may contaminate hands.
- Use clean and sanitized equipment and utensils. Use gloves or tongs when handling food.