# Hummus

מתכון מאת V-ZUG Ltd.



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| Preparation | 20 Mins |
| Resting time | 12 Hrs |
| Cooking time | 35 Mins |
| מנות | 4 |
| התקן | CombiSteamer V4000 45 from 2021 |

Home-made hummus can be made particularly creamy and aromatic by gently cooking the chickpeas and then skinning them. Enjoy as a versatile dip, as a spread or as an accompaniment to any number of dishes.

## Chickpeas

250 g dried chickpeas

Water for soaking

175 ml water for steaming

## Hummus

60 g tahini

1 clove of garlic

½ lemon, juice only

½ tsp cumin powder

50 g ice cubes

½ tsp salt

2 tbsp olive oil

Some sumac

## Chickpeas

Put the chickpeas in a bowl, cover with plenty of water and soak for about 12 hours or overnight. Drain the chickpeas, put into an ovenproof dish with the water, place on a wire shelf in the cold cooking space and cook at 100 °C for about 35 minutes until soft using the steam mode.

**Steaming 100 °C for 35 Mins**

## Hummus

Put the chickpeas and all the ingredients up to and including the salt in a food processor and blend to a fine purée. Arrange the hummus, drizzle over the olive oil and sprinkle with sumac.

## עצות

Use tinned chickpeas.

To make a super silky hummus: put the cooked chickpeas in a bowl with cold water and skin by hand.

## אביזרים

1-litre ovenproof dish

Wire shelf

## מידע נוסף

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| הופק ביום | 04.08.2025 |