Hummus

Recipe by V-ZUG Ltd.



Preparation	20 Mins
Resting time	12 Hrs
Cooking time	35 Mins
Portions	4
Appliance	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.

Tips

Use tinned chickpeas.

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

Accessories

1-litre ovenproof dish

Wire shelf

Additional information

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