

# How to make home-made houmous

A fantastic middle eastern dip, popular in Lebanese cuisine. Houmous can be eaten with carrot and cucumber sticks, or with pitta bread.

## Method

1. Rinse chickpeas under water and drain. Mash with a fork or in a blender.
2. Chop garlic finely on a chopping board.
3. Mix chickpeas, garlic, tahini, lemon juice and olive oil in a bowl.
4. Add salt and stir into a smooth paste.
5. Serve in a small bowl.
6. Sprinkle paprika, coriander or parsley on top to taste.

## Growing chickpeas

For instructions on growing your own chickpeas, visit the 'Sowing New Seeds' website by Garden Organic:

[www.sowingnewseeds.org.uk](http://www.sowingnewseeds.org.uk)

## Gram flour

Gram flour is easy to make from dried chickpeas. Just put them in a food processor and grind to a fine flour. This can be used to make vegetable samosas, pakoras, onion bhajjis or chick pea flour pancakes.



Picture Credit: Garden Organic

**Serves:** 4 people, as a big bowl of dip

**Time:** 10 minutes

**Difficulty:** Easy

## Ingredients

- 2 x 400g cans of chickpeas (reserve a few chickpeas for decoration)
- 4 tsp tahini
- 2 garlic cloves, chopped finely
- 1 tsp crushed sea salt
- 6 tbsp quality extra virgin olive oil (plus extra for drizzling)
- 3½ tbsp freshly squeezed lemon juice
- Paprika (optional)
- Coriander or parsley leaves (optional)

## Equipment list

- Tin opener
- Plastic bowl
- Wooden spoon
- Sharp Knife
- Fork (or blender)
- Chopping board
- Teaspoon
- Tablespoon

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024 7621 7747 | [fgslondon@gardenorganic.org.uk](mailto:fgslondon@gardenorganic.org.uk) |  @foodgrowingschools |  @foodgrowschools