

**BEECH OVENS**

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# Beech Ovens Recipe Library

## Hummus

Name of dish:	Hummus	
Cooking method:	-	Preparation Time: 5 mins
Number of portions:	4	Cooking Time: Nil



### Ingredients

### Method

Item	Amount	
400g Can Of Chickpeas – Not Drained	1	Drain the chickpeas into a sieve set over a bowl or jug to catch the liquid.
Tahini Paste	1 Tbsp	Tip the chickpeas, tahini, garlic and yoghurt into a food processor or blender and blend until smooth.
Large Garlic Clove – Chopped	1	Put in a tablespoon of the chickpea liquid at a time until you have a nice consistency, then scrape into a bowl, stir in a squeeze of lemon juice and season to taste.
Fat Free Greek Yoghurt	3	Serve with pieces of Turkish bread.
Lemon Juice	To Taste	