

Luxury Hummus

Making your own hummus means that you can flavour it any way you want to. This easy method uses tahini and aquafaba. (Or oil)

Ingredients.

1 tin of chickpeas in water
Aquafaba (or EVOO)
Juice of ½ a lemon
1 or 2 fresh garlic cloves
2 or 3 Tbsp tahini
Pinch of salt & cumin

Plain: Nothing more.

Chilli & Lime: Lime juice & zest, 1 chilli.

Lemon & Coriander: Frozen or fresh coriander, more lemon juice & zest.

Peri Peri, Pepper & Paprika: Nandos peri peri salt, one pepper cheek, smoked paprika.

Makes lots



Method. First and foremost, just in case you didn't already know, aquafaba is the liquid from a tin of chickpeas, white beans or other pulses. If you buy your chickpeas in just water, not salted, it can be used for so many things.

[The Vegan Society - 20 amazing things you can do with aquafaba](#)

Okay, now you know (if you didn't), keep that liquid by draining the tin into a bowl or cup, we'll be using it. Pour the drained chickpeas into a bowl and cover with cold water. Get your hands in there as if you are washing them, and you'll feel the skins start to come off. When they are removed, get them out of there and pour your naked chickpeas into your food processor.

Add 2 to 3 Tbsp of tahini — 2 works, 3 tastes better. Add your lemon juice and spices/salt and blitz it. Slowly add your aquafaba little by little, until just slightly thicker than you want it. If you're making one big batch, carry on, add salt, spices to taste. Take half out, and flavour remaining half as you wish. Rinse your processor, and put the second batch in to be flavoured as you wish.

Several we've tried are in the ingredients. Get adventurous! ☺

There is a quicker, skin-on recipe vlog for this dish. [RECIPE VLOG](#)

There is the luxury recipe vlog for this dish. [RECIPE VLOG](#)

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