

Hummus

1 Tin of chick peas
1 tablespoon well-mixed Tahini sesame seed pulp
2 teaspoons lemon juice
1 teaspoon roasted, ground cumin
5 drops Tabasco
Clove of garlic - chopped finely
Salt & Freshly Ground Pepper

Water - 2 tablespoons
Olive oil - 2 tablespoons

Put everything in a food processor and starting whizzing it up. Taste every now and then, and add more liquid as necessary; either a touch more olive oil, or more water by the teaspoonful until you get a nice mousse type consistency that can easily be dipped into and will stay on croutons/crisps/bits of toast without falling off.

Bon appétit !