

5 Twists To The Classic Hummus

BY CHEF ABHIJEET THAKRE - TAJ CITY CENTRE GURUGRAM



Beetroot Hummus

INGREDIENTS

4 Medium sized beets - scrubbed clean, cooked, peeled and cubed
2 **tbsp** Tahini
5 **tbsp** Lemon juice
1 **tbsp** Lemon zest
1 Garlic clove, chopped
3 **tbsp** Olive oil
1 **tbsp** Ground cumin
To taste Fresh ground pepper
To taste Salt

METHOD

1. Add all ingredients in the food processor bowl and pulse until smooth. Taste and adjust seasoning. Chill upto 3 hours. Drizzle with olive oil if desired.



Spiced Watermelon Hummus

INGREDIENTS

½ kg Watermelon – cut into small chunks
1 cup Pre-soaked and boiled chick peas
1 Garlic clove
¼ cup Chopped coriander
¼ cup Lemon juice
2 tbsp Olive oil
¼ tbsp Each of cumin, coriander, ginger, red chilli and turmeric powder.
To taste Salt

METHOD

1. Puree everything in a bowl of food processor until smooth. Garnish with freshly diced watermelon and chopped coriander on top.



Roasted Red Pepper Hummus

INGREDIENTS

2 cups Pre-soaked and boiled chick peas
2 Garlic cloves
1/3 cup Tahini
½ cup Lemon juice
1 Roasted red pepper
¼ tbsp Chopped or dried basil
To taste Salt
To drizzle Olive oil

METHOD

1. Combine garlic, chick peas, tahini, and lemon juice and process it into a smooth paste. Season to taste.
2. Chop the roasted pepper and mix with the hummus. Chill for 1 hour.
3. Drizzle with olive oil and sprinkle basil and serve.



Mango Basil Hummus

INGREDIENTS

1 cup Pre-soaked and boiled chick peas
2/3 cups Mango cubes
1 tbsp Tahini
1 tbsp Honey
½ tsp Chopped coriander
½ tsp Fresh basil chopped
1 tbsp Lemon Juice
To taste Salt

METHOD

1. Add all ingredients in a food processor and blend till smooth. Serve chilled. Garnish with basil leaf and drizzle with olive oil if desired.



Avocado Hummus

INGREDIENTS

- 2 cups** Pre-soaked and boiled chick peas
- 1/3 cup** Tahini
- ¼ cup** Lime juice
- 2** Garlic cloves
- 3 tbsp** Olive oil
- ¼ tbsp** Cumin
- 1 tbsp** Chopped coriander
- To taste Salt
- 1 pinch** Red chilli flakes
- 2** Ripe avocados (coned and peeled)

METHOD

1. Combine chickpeas, avocados, tahini, lime juice, garlic, olive oil and cumin in the food processor bowl. Season with salt and blend until smooth.
2. Pour mixture in a serving bowl and garnish with cilantro/ coriander and red chilli flakes. Drizzle some olive oil if desired and serve

