



BUTTERNUT SQUASH HUMMUS

Season:	Autumn / Winter
From the garden:	Butternut squash, parsley, garlic
Type:	<i>Dip</i>
Difficulty:	<i>Easy</i>
Origin:	Middle East
Serves:	6-12 adults as a side dish / 30 tastes
Source:	<i>Adapted from Stephanie Alexander "The Cook's Companion"</i>

Equipment

- Large bowl
- Can opener
- Colander
- Knife
- Chopping board
- Garlic press
- Food processor or blender
- Roasting dish
- Saucepan (if using dry chickpeas)
- Tablespoon
- Forks
- Small bowl
- Lemon juicer
- Spatula
- Serving bowl

Ingredients

- * ½ a medium-sized butternut squash
- * 4 cloves garlic, skin on, for roasting
- * 5 cloves garlic, skin peeled, for mincing
- * 3-4 Tbsp coconut oil plus more for roasting
- * Salt and pepper to taste
- * 250g dry chickpeas or 400g tin chickpeas
- * 2 tsps ground cumin
- * ⅓ c (80g) tahini
- * ½ tsp smoked paprika (optional)
- * 1 lemon
- * Small bunch of parsley

Method

**** NB: steps 1-5 have been prepared in advance for today's session. Start at step 6.**

1. *If using dry chickpeas*, place them into a large saucepan, cover with water and soak overnight. The next day, pour away the soaking water and replace with fresh water. Bring the saucepan to the boil on the stovetop, then reduce to a simmer. When tender (after approx 1.5 - 2 hours), remove from heat and allow the chick peas to cool in the water before draining.
2. Preheat oven to 200 C and position a rack in the middle of the oven.

3. Slice off the top and bottom of the butternut squash. Microwave it for 3-4 minutes to soften skin. Let the squash cool, then peel skin off with a vegetable peeler.
4. Cut the butternut squash in half lengthwise and scoop out the seeds. Discard the seeds. Cut butternut squash into cubes and place with 4 **unpeeled** garlic cloves onto a baking sheet. Drizzle with 1 Tbsp olive oil and a pinch each salt and pepper. Toss to combine.
5. Bake for 15-20 minutes, or until all squash is fork tender and the garlic is golden brown. Let cool 5 minutes.
6. *If using a tin of chickpeas*, use a can opener to open the tin and drain the chickpeas by tipping into a colander. Rinse the chick peas with water and drain again.
7. Cut the lemon in half and carefully remove the visible pips with a fork. Squeeze juice by hand into a small bowl (or with a lemon juicer) being careful to remove any pips from the juice. Set aside.
8. Meanwhile, peel and mince the fresh garlic cloves in a garlic crusher, finely chop the parsley and peel the roasted garlic. Add all to the food processor, along with the butternut squash, chickpeas, tahini, olive oil, cumin, and smoked paprika (optional).
9. Process. Gradually add the lemon juice and salt and pepper to taste
10. Purée until creamy and smooth, scraping down sides as needed and adding more olive oil or a touch of water if it's too thick.
11. Garnish with parsley and serve immediately

Notes:

- Serve with flat bread or crudites
- For a thicker, creamier dip, refrigerate for 3-4 hours
- “Hummus” is the Arabic word for chickpea
- Leftovers may be stored covered, in the refrigerator for up to 4-5 days, though best when fresh.

Skills: *Juicing, processing, using sight and taste to determine consistency and flavour*