



Wholemeal Crackers With Roasted Pumpkin Hummus

Season:	Autumn/Winter
From the garden:	Pumpkin, parsley
Type:	Snack
Difficulty:	Easy
Country of origin:	Hummus-middle east
Serves:	30 tastes
Source:	Andrea Habacht, Oropi School Kitchen Specialist

Equipment for crackers

- *bowl
- *measuring cup
- *rolling pin
- *knife
- *baking tray

Ingredients for crackers

- *1 cup plain flour
- *1 cup wholemeal flour
- * $\frac{1}{3}$ cup oil
- *salt, pepper
- * $\frac{1}{2}$ - $\frac{3}{4}$ cup water

Equipment for hummus

- *food processor
- *chopping board
- *knife
- *lemon juicer
- *can opener
- *measuring cup
- *bowl
- *measuring spoon

Ingredients for hummus

- *1 cup roasted pumpkin
- *1 clove of garlic
- *400 g can of chickpeas
- *1 lemon
- * $\frac{1}{3}$ cup tahini
- *2 tsp cumin, $\frac{1}{2}$ tsp paprika
- * $\frac{1}{2}$ tsp salt, pepper
- *80 ml olive oil

***2 tbsp chopped parsley**

Method

- 1. for the crackers preheat oven to 180 degrees**
- 2. add the flour, oil and ½ cup of water into a bowl and mix**
- 3. tip the dough on the bench and knead, add more water if it is too dry**
- 4. roll out the dough till quite thin (a few millimeters) and cut into squares or rectangles, around 3 cm x 3 cm or use a cookie cutter for any other shape**
- 4. place the squares on a baking tray, lined with baking paper and sprinkle with salt and pepper**
- 5. bake for 10 minutes or until lightly browned**
- 6. for the hummus, peel the garlic and juice the lemon**
- 7. drain and rinse the chickpeas**
- 8. add all the ingredients into the food processor and process until smooth**
- 9. taste and adjust seasoning, add a bit more oil if too thick**
- 10. serve with chopped parsley**

Notes: hummus can be served with crackers and vegetables like carrot and celery for dipping

Skills: measuring, rolling, using a food processor...