



ROASTED CAPSICUM HUMMUS

Season:	Summer, autumn
From the garden:	Capsicum, lemon
Type:	Dip, snack
Difficulty:	Moderate
Country of origin:	Middle east
Serves:	30 tastes
Source:	downshiftology.com

Equipment

- *chopping board and knife
- *measuring cup and spoons
- *colander
- *baking tray
- *food processor
- *bowl

Ingredients

- *4 red, yellow or orange capsicum
- *2 cans chickpeas, drained and rinsed but reserve $\frac{1}{4}$ cup of the liquid
- * $\frac{1}{2}$ cup tahini
- * $\frac{1}{2}$ tsp salt
- * $\frac{1}{4}$ vegetable oil
- *2 tbsp lemon juice
- *1 garlic clove, peeled
- *1 tsp cumin

Method

1. preheat oven to 220 degrees
2. cut the capsicum in half and remove the seeds, then cut into quarters
3. put them into a bowl with a little vegetable and mix
4. spread the capsicum, skin up, on a baking tray and roast in the oven for at least 30 minutes until soft and charred

5.place them into a bowl with a tea towel on top and let them sit for 10 minutes, then peel the charred skin of

6.add all the ingredients into the food processor bowl and process until smooth

7.taste and adjust seasoning if necessary

Skills: *measuring, chopping, using a food processor*