

COOKSISTER

Waar's 'it lekker? Find out with Farzana Kumandan



HUMMUS TRY IT!



AVO HUMMUS

Recipe Credit by Farzana Kumandan @sprinklesandspice

Ingredients

2 medium avocados
1 tin drained chickpeas
1 jalapeño (optional)
3 cloves garlic
2 tbsp lightly toasted sesame seeds
¼ cup fresh coriander and parsley
½ tsp cumin
¼ cup olive oil
¼ - ½ cup chickpea water depending on the consistency
Dash of lemon juice
Salt to taste

Method

De-seed, peel, and chop the avo
In a blender, add all ingredients and blend till smooth and creamy.
If need, add little water to blend to your desired consistency.
Serve with a dash of olive oil and a Sprinkle of paprika and sumac.

HELLO Everyone

After chowing all the Eid leftovers and then indulging in Mother's Day spoils this past week, I feel the need to opt for healthier options.

On Friday we celebrate World Hummus Day, and it is the perfect excuse to dish up some delicious but healthy food.

It is one of my favourites and is the perfect meat-free option still packing a punch of protein. Traditionally it is a Middle Eastern savoury dish made from basic ingredients like chickpeas, sesame seed paste, garlic, olive oil and lemon.

It's thick and creamy texture is addictive and enhances the flavour of anything you pair it with.

This tasty snack can be used in your pitas, on a burger, as a dip or even as a replacement for butter or peanut butter.

Originally, hummus was made from dried chickpeas only, but as times change, we tend to look for easier, quicker, and more convenient methods and therefore many recipes are adapted to use tinned chickpeas or beans.

Celebrate dip with delicious recipes

If you are keen on experimenting, start by using what you have on hand.

You can use leftover red or yellow pepper, avo, coriander, roast pumpkin and even sweet potato.

Variations

Although the variations are endless, beetroot hummus must be one of my favourites.

Made with either fresh, pickled or roasted beetroot, this version has a rich, red vibrant colour.

I prefer a chunky hummus but if you prefer a smoother texture, save some of the chickpea water and use until the hummus has the consistency you want.

For more recipes or cooking inspiration, visit my website www.sprinklesandspice.co.za or visit my social media platforms on Instagram @sprinklesandspice or on Facebook @ Sprinkles and Spice by Farzana Kumandan. Happy cooking!

TOPS: Beetroot hummus on pita



RED PEPPER HUMMUS

Recipe Credit by Farzana Kumandan @sprinklesandspice

Pinch of sumac
Salt to taste

Method

In a blender, add all ingredients and blend till smooth and creamy.

If need, add little water to blend to your desired consistency.

Serve with a dash of olive oil and a Sprinkle of Paprika and Sumac.

Ingredients

2 tbsp lightly toasted sesame seeds
1 red pepper (de-seeded)
2 tins drained chickpeas
½ cup olive oil
4 cloves chopped garlic
3 tbsp lemon juice
Pinch of paprika

HUMMUS, FALAFEL AND TZATZIKI PITAS

Recipe Credit by Farzana Kumandan @sprinklesandspice

Ingredients for the Falafels

3 tins chickpeas (drained)
1 tsp cumin
1 tsp coriander
½ tsp black pepper
2 red chillies
1 red onion
1 cup fresh parsley
4 tbsp Lemon juice
7 cloves of garlic
3 tbsp Chickpea flour (Chana flour or chilli bite mix)
Salt to taste



Method for Falafels

In a food processor, blend together all the ingredients expect the chickpea flour.

Once all ingredients are mixed to form a thick paste, add in the flour and 2 extra tablespoons finely chopped parsley.

Refrigerate for 20 minutes.
Roll into small balls and dip into some sesame seeds.
Shallow fry in hot oil until golden brown.

Ingredients for the Tzatziki

1 Finely grated garlic clove
2 tbsp size pieces of grated cucumber
3 mint leaves
A dash of lemon juice
2 tsp olive oil
Salt and coarse black pepper to taste
500ml double cream yoghurt

Method for the Tzatziki

Mix all ingredients together
Refrigerate for at least 15 minutes before serving.
To assemble
Lightly toast the pitas in a pan or a toaster.
Cut it open and add a generous layer of hummus, add falafels and any veg of your choice. Top with tzatziki and enjoy.

TRADITIONAL HUMMUS

Recipe Credit by Farzana Kumandan @sprinklesandspice

Ingredients

3 tins drained Chickpeas
½ cup tahini paste
½ cup Olive oil
7 cloves chopped garlic
4 tbsp Lemon juice
Pinch of Paprika
Pinch of Sumac
Salt to taste

Method

Firstly, prep the Tahini paste by lightly toasting ½ cup sesame seeds in a dry hot pan.

Once toasted, remove from the pan and allow the seeds to cool.

In a blender, blend together the toasted sesame seeds and 2 tablespoons Olive oil.



Leave the tahini in your blender and add in your remaining hummus ingredients.

Blend till smooth and creamy
If needed, add a little of the chickpea water to blend to your desired consistency.

Serve with a dash of olive oil and a Sprinkle of Paprika and Sumac

BETROOT HUMMUS

Recipe Credit by Farzana Kumandan @sprinklesandspice

Pinch of Sumac
Salt to taste

Ingredients

1 cup boiled chickpeas
2 tbsp lightly toasted sesame seeds
1 medium beetroot cooked (boiled or roasted)
1 tbsp lemon juice
2 garlic cloves
¼ cup olive oil
Pinch of Paprika



Method

In a blender, add all ingredients and blend till smooth and creamy.

If needed, add a little water to blend to your desired consistency.

Serve with a dash of olive oil and a Sprinkle of Paprika and Sumac.

FLAT BREAD WITH CHICKEN KEBABS & RED PEPPER HUMMUS

Flat Bread with Chicken Kebabs and Red Pepper Hummus
Recipe Credit by Farzana Kumandan @sprinklesandspice

Ingredients for the Flat Bread

2½ cups self-rising flour
½ tsp baking powder
1 cup double cream yoghurt
2-3 tbsp olive oil
1 tbsp kalonji seeds
1 tbsp sesame seed
Olive oil for brushing on top before drying

Method for the Flat Bread

Mix all ingredients together to make a soft dough.
Rest the dough for ½ hour.
Divide into 12 palm size balls.
Roll out and sprinkle over kalonji seeds and sesame seeds

Roll the seeds in the flatbread and brush with olive oil.
Fry in a dry hot pan until golden brown, flip and fry

Ingredients for Chicken Kebabs

500g chicken fillets cubed
1 big finely grated garlic clove
1 heaped tsp sumac
1 heaped tsp paprika
2 heaped tbsp yoghurt

Method for the Kebabs

Mix all ingredients together and marinate for at least an hour.

Add chicken cubes on a sosaties stick.
Place kebabs on a baking tray and grill on 180°C for 20 minutes.

Remove from oven and sprinkle over 1 teaspoon sumac.