

RECIPE

CAULIFLOWER HUMMUS

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Ingredients

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| 1. Cauliflower broken into florets | 450 grams so half a medium cauliflower |
| 2. Tahini paste | 2 dessertspoons |
| 3. Fresh ginger | 1 inch peeled and |
| 4. Red Chilli in oil | ¼ teaspoon or to taste |
| 5. Grapeseed oil | 2 tablespoons |
| 6. Salt and pepper to taste | |
| 7. Fresh garlic | 1 to 2 fresh cloves chopped up finely |
| 8. Cumin seeds | 2 teaspoons |
| 9. Fresh coriander to garnish | |

Equipment required

- A couple of bowls, one large, one small
- Pan to roast the cumin seeds
- An oven
- A blender or grinder to blitz the mixture

How to make it

1. Break the cauliflower into florets and place in a mixing bowl
2. Mix the oil, salt and pepper, ginger, garlic and chilli in a small bowl and mix well. Then pour this mixture over the cauliflower florets. Ensure all the florets are tossed in the mixture
3. Spread the florets evenly on a baking tray with aluminium foil and bake in a preheated oven set at 180 degrees for about 20 minutes. The florets should be cooked through and a little coloured on top
4. Allow the florets to cool
5. While the florets are cooling dry roast the cumin seeds in a pan
6. Place the cauliflower florets into a blender or grinder
7. Add the cumin seeds and pulse the mixture a bit
8. Add the tahini paste and blitz up the mixture
9. Check for salt and pepper, you can add a squeeze of fresh lemon juice at this point
10. Spoon the mixture into a bowl and garnish with some extra chilli oil and chopped coriander or just some fresh black pepper

