

A Greek recipe – humus

You may want to make a Greek dish for your lunch. You may care to make humus, a creamy garlic dip. It is a dish made in much of the eastern Mediterranean.

How to do it at home:

Crush four cloves of garlic.

Put a can of chickpeas in a food-processor (but not the water they came in).

Add the juice of two lemons (or the equivalent from a bottle).

Set the food processor on 'blend' and it will eventually turn creamy.

Now add 100ml of virgin olive oil (better use the Greek sort!).
Carry on blending.

Now add the garlic.

Blend again then serve in small tubs. It is spooned on to fresh bread. Use a good heaped spoonful!

If you really cannot make the recipe, then go to the supermarket and buy some humus (you will find lots of flavours) and a baguette to eat it with.

A Greek recipe – humus

Background

This simple recipe can be made by parents at home, or you could demonstrate it in class.

It is a very easy thing to make and can even make boys take an interest in preparing food.

It is also a potentially useful cross curriculum topic with science (unit 3B *Food, teeth and eating*; 5A *keeping healthy* and 6B *Microbes*).

Humus may look like a creamy liquid, but actually it contains a large amount of well balanced nutritious food.

The chickpeas and bread contain slow release carbohydrates and so stop you feeling hungry for a long time. There is also a lot of plant protein (and so it is a suitable vegetarian food).

It is also full of fibre for roughage.

The fat in chickpeas contains Omega 3. Olive oil is a mono-unsaturated fat and it also contains antioxidants.

Microbes

Humus will go off just like any other fresh food, so it should be kept in the fridge and eaten within a few days. Notice that the lemon juice, which is an acid, acts to slow down the growth of microbes.