

## RECIPES:

Hummus masabacha (chunky)

## INGREDIENTS:

125g dried chickpeas, soaked overnight

1/4 teaspoon baking soda

100g tahini

1 small garlic clove, crushed

125ml ice-cold water

1/2 lemon, juiced

1 teaspoon sea salt

To garnish:

extra virgin rapeseed or olive oil

chopped fresh parsley

a pinch of paprika

a pinch of cumin

## METHOD:

Soak the chickpeas in plenty of cold water overnight.

The next day, drain the soaked chickpeas and add to a large saucepan with the baking soda (this will help them to cook faster) and plenty of fresh water. Bring to the boil, then reduce the heat and simmer for approximately 40 minutes, until soft.

Check that the chickpeas are cooked by squashing one with a fork against the side of the pot – if it squishes easily, then they're cooked.

Drain the cooked chickpeas and reserve some whole chickpeas for the top of the hummus. Mash the remaining chickpeas in the saucepan you cooked them in, leaving about half of the chickpeas whole. Stir in all the remaining ingredients.

Spoon the warm hummus into a bowl and make a well in the middle. Place the reserved whole chickpeas into the well, then drizzle a little oil on top and sprinkle with chopped fresh parsley and a pinch of paprika and ground cumin.

Serve with pita, pickles or salad and raw onion quarters.

Chickpea and herb falafel

## INGREDIENTS

Makes 18–20 patties to serve 4–6

250g dried chickpeas, soaked overnight (or for at least 8 hours)

1/2 onion

50g fresh parsley

1 garlic clove, cut in half

2 tablespoons sesame seeds

2 tablespoons ground cumin

1/2 tablespoon plain or gram flour

1/2 teaspoon baking powder

1 teaspoon sea salt

regular rapeseed oil, for deep-frying

**METHOD:** Soak the chickpeas in a large bowl of cold water overnight (or for at least 8

hours).

Add the onion, parsley and garlic to a food processor and pulse until roughly chopped. Drain the soaked chickpeas and add them to the food processor too, then pulse just until grainy, like couscous. Don't overprocess or it will become a

paste. Check that it's the correct texture by taking a bit in your hand and squeezing it into a ball. If it doesn't form a ball, then pulse it a bit more.

Transfer the chickpea mixture to a bowl, add the remaining ingredients and mix well.

Heat about 3cm of oil in a deep frying pan over a medium to high heat. Test a little mixture in the oil – when it sizzles, the oil is hot enough.

Shape the falafel by squeezing a heaped dessertspoon of the mixture to make a compact ball. Using your finger, gently push the ball off the spoon and into the oil. Watch your fingers! It's best to drop the patties into the oil from a short distance to avoid big splashes.

Alternatively, use a falafel scoop. Pull back the pin on the scoop and fill it with the falafel mixture, ensuring the mix is quite compact. Carefully release the pin, dropping the mixture into the oil.

## BAKLAVA

### INGREDIENTS

#### Syrup:

zest of 1 orange

zest of 1 lemon

2 oranges, juiced

200g caster sugar

1 cinnamon stick

3 tablespoons rosewater

#### Filling:

250g unsalted and shelled

pistachios

300g walnuts

70g caster sugar

1 teaspoon ground cinnamon

zest of 1 orange

To assemble:

50ml extra virgin rapeseed oil

50g coconut oil

270g (7 sheets) filo pastry

rose petals (optional)

## METHOD

To make the syrup, place the citrus zest, orange juice, sugar and cinnamon stick in a small pot and simmer on a low heat for 10 minutes, until thickened. Take off the heat, stir in the rosewater and allow to cool.

To make the filling, blitz the pistachios in a food processor until they resemble breadcrumbs. Remove about 2 tablespoons of the nuts for decorating and set aside. Add the walnuts, sugar, cinnamon and orange zest to the food processor and blitz again until the mixture resembles breadcrumbs.

Preheat the oven to 160°C.

To make the baklava rolls, heat the oils together in a small saucepan until the coconut oil has melted. Brush the bottom and sides of a deep medium-sized baking tray with some of the oil.

Take the filo from the packaging, unroll it and place it between two clean, damp tea towels. Keep the pastry covered throughout to ensure it doesn't dry out and break.

Take one filo sheet and place the short edge facing you. Brush one side of the filo with the melted oil. Fold the closest edge about a third of the way towards the top

edge. Brush the exposed filo with oil. You want to make sure all the new filo you see gets a bit of oil on it.

Sprinkle four heaped tablespoons of the filling over the filo. Place a skewer lengthways across the bottom edge of the filo and use this to help roll the filo up towards the top, brushing the roll with oil as you go along. The roll should be loosely rolled so it doesn't tear. Brush the closing edge of the filo with oil and turn the roll so that the seal is on the bottom.

Pushing into the centre from either end of the skewer, exert gentle pressure on the roll to crumple it a bit. Don't put too much pressure on it, though, or it will tear. Remove the skewer from the roll and place the roll on the greased baking tray.

Repeat with the remaining filo and filling. The rolls should fit snugly into the tray, with the rolls touching each other. Brush the tops of the filo with any remaining oil, then using a sharp knife, cut the rows of rolls in half.

Bake in the oven for 50–60 minutes, turning the tray halfway through, until the rolls are a deep golden brown.

Remove from the oven and pour the cooled syrup onto the hot baklava (this keeps them crisp). Allow the syrup to soak into the baklava for at least 30 minutes. Sprinkle with the reserved pistachios and rose petals (if using) before serving.

These keep for two weeks or more stored in an airtight container.