



Palestine ***Humus with flatbread***

HUMUS

Empty the chickpeas into a sieve, rinse thoroughly with cold water and drain well.

Place the chickpeas, garlic, oil, lemon juice, sesame paste, sea salt and cumin into a food processor and purée. Spoon the mixture into a deep dish and make a depression in the centre.

Melt the butter in a small pan, sprinkle in the paprika and pour into the well.

FLATBREAD

Combine the flour, salt and coriander. Gradually add the water and mix to form a smooth, stiff dough. Knead well for about 6 minutes. Place in a bowl, cover with a tea towel and leave to rest for 30 minutes.

Divide the dough into 16 equal-sized pieces, make them into balls, then roll each ball out into 14cm rounds.

Heat a griddle pan at a moderate temperature until hot, then turn the heat down.

Place the first dough rounds onto the griddle and cook until the underside starts to form white spots. Turn the round over and bake on the other side for half a minute.

Turn again until the flatbread is golden brown. Repeat with the remaining dough rounds.

Flatbread tastes best when eaten immediately.

INGREDIENTS

HUMUS

- 1 can chickpeas
- 2 garlic cloves, peeled and crushed
- 2 tbsp olives
- 3 tbsp lemon juice
- 3 tbsp sesame paste (tahini)
- sea salt
- ½ tsp ground cumin
- 1 tbsp butter
- 1 tsp paprika

FLATBREAD

- 250 g di farina di frumento integrale
- 8 g di sale marino
- Coriandolo appena macinato
- 170 g d'acqua

Recipe: Lucas Rosenblatt, www.lucasrosenblatt.ch