

Oxfordshire Pumpkin Festival Recipes

Pumpkin Hummus by Climatarian Kitchen



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Ingredients:

Hummus:

- 250g dry chickpeas (soaked in water over night and simmered for 1 hour on low heat then set aside to cool in liquid) or 1 tin ready to use.
- Roasted pumpkin (250g) and seeds
- Roasted garlic and olive oil (Roast unpeeled cloves in olive oil in a low heat oven until soft. Let cool, peel, pop garlic back into oil)
- Lemon
- Tahini
- Fresh herbs for garnish

Spice mix:

- 2 parts cumin powder
- 2 parts paprika powder
- 2 parts garlic powder
- 2 parts salt
- 1 part pepper
- 1 part onion powder

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Steps:

1. Juice one lemon. Add equal amounts of lemon juice and tahini to a food processor (about 50-100ml each). Pulse 1 min (at least), scrape down sides, pulse again until whipped and smooth.
2. Add about 25-50ml of roasted garlic oil and the cloves of garlic (to taste).
3. Pulse until smooth. Add spice (to taste, usually a tsp or so).
4. Add 250g cooked chickpeas. Pulse for 1 min (time yourself). Scrape down.
5. Pulse again. Scrape down. pulse again.
6. Add 250g pumpkin meat and pulse until smooth. If you want fluffier hummus add a few spoons of COLD water.
7. Serve with a well in the middle, pour in the rest of your roasted garlic oil and garnish with toasted pumpkin seeds, fresh herbs and a dust of paprika powder.