

HOW TO MAKE THE PERFECT

AMARULA HUMMUS WITH GRILLED PITA BREAD



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PREP TIME 15 min

COOKING TIME 30 min

INGREDIENTS

HUMMUS

250g cooked chickpeas

60ml fresh lemon juice

30ml tahini

1 garlic clove

30ml extra-virgin olive oil,
plus extra for serving

2.5ml ground cumin

Salt to taste

2 tbs Amarula Cream Liqueur

30 - 45ml ice cold water

PITAS

5 pita breads

Olive oil for brushing



AMARULA

METHOD

1. In the food processor, combine the tahini, lemon juice and process for one minute. Scrape the sides and bottom of the bowl then process for another minute. This ensures that the tahini is properly creamed and improves the texture of the hummus.
2. Add the olive oil, garlic and cumin to the tahini mixture. Process for 30 seconds, scrape the sides and bottom of the bowl then process for another 30 seconds or until well blended.
3. Add half of the chickpeas to the food processor and process for one minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until smooth.
4. Slowly add some iced water until reaching the right consistency.
5. Lastly add the Amarula Cream Liqueur and mix thoroughly.
6. Heat a griddle pan until smoking. Brush the pita breads with olive oil and place in the pan. Grill for 5-10 minutes a side or until there are dark griddle marks and the pita has puffed up slightly.

