

The Art Of Cooking - Hummus With Minced Meat



Hummus in Israel can be comparable to Pizza for Italians!

Normally the Hummus can be enjoyed plain or with some extra.

One day in Israel me and my dad visited Caesarea as a couple of tourists, and to our surprise we tumbled upon this Hummus dish topped with warmly spiced minced meat.

That moment left a strong impact on us and I have been making it ever since. The smooth texture of the Hummus combined with the savory bites of the minced meat creates a balanced taste at the moment you scoop as much as you can with a small piece of pita bread.

Trust me, this is the way to eat Hummus, scooping as much as you can with a small piece of pita bread - but do not get it on your fingers, there's a limit!

Hummus Ingredients:

1 Large Can Chickpeas

Tahini (a paste made from sesame seeds)

2 Cloves of garlic

Lemon juice

Olive oil

Coldwater

Salt

Ingredients for the minced meat:

200-gram Minced meat (you can choose either lamb or beef)

2 Cloves of garlic

Paprika powder

Cumin powder

Salt & Pepper

Cooking oil

Toppings:

Olive oil

Pine Nuts

Fresh Parsley

Making the Hummus:

Inside a blender add the chickpeas, two tablespoons of tahini with the garlic, a pinch of salt, a squirt of lemon juice, and a drizzle of olive oil.

Now it is all about finding the perfect texture and flavor that you want! Keep tasting by adding a small amount of cold water to make the texture smoother.

Add more salt if it tastes too bland, as well as lemon juice if you want to put more zing into it!

There are many types of Hummus out there - however, it is up to you to balance the ingredients to become a favorite of your own taste!

Making the minced meat:

In a cold frypan add the minced meat with a bit of cooking oil, turn on the heat to medium-high and start breaking the meat apart, make sure you don't keep big lumps. Once the minced meat is almost cooked through, add the minced garlic and all the spices (a teaspoon of cumin and a teaspoon of paprika, as well as, a pinch of salt and pepper). Keep stirring until all the minced meat is covered with the spices, that is until it turns brown and slightly sticky!

Serving:

Place the Hummus in a plate with a dent in the middle, then put the hot minced meat on top!

Top with pine nuts and fresh parsley and a drizzle of olive oil, you can also add some paprika powder on top.

Serve with pita bread, and of course, you may add some raw onion slices, boiled eggs, and pickled spicy peppers.

This is not the most traditional way to eat Hummus, but please give it a try. So, to go back to the comparison between Hummus and pizza, at the end the toppings are up to you.

However, if you want to make a *Hawaiian Hummus* go for it, but please let me know how this worked out.....