



## *Julia's Cuisine*

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Appetizers, Dips & drinks

**Webpage**  
<http://www.juliascuisine.com/>

## Red Pepper Hummus

Serves: 2 cups/500 grams  
Prep time: 15 minutes  
Cook time: 30 minutes

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### *Ingredients*

1 3/4 cups/400 grams of cooked chickpeas  
2 Large red peppers  
1/2 onion, finely chopped  
2 cloves of garlic crushed  
Juice and zest of one lemon  
1/2 Teaspoon of ground cumin  
1/2 Teaspoon of ground coriander  
3 tablespoons of olive oil, divided  
Salt and pepper to taste

### **Method**

Preheat your oven to 350 degrees F. Cut the red peppers into large strips and place on a large baking tray. Drizzle over one tablespoon of the olive oil. You don't need to roast these until they are completely cooked, so let's say about 20 minutes. They should come out slightly softened and somewhat charred on the outside. When you take them out of the oven, cover them in plastic wrap. This will continue the cooking process and also make it easy to remove the skin.

So, while that is going on, heat a medium skillet over high heat and add 1 tablespoon of olive oil and the onions. Cook over a high heat for a few minutes and then add the ground cumin and the ground coriander. Cook for a further few minutes over a medium heat and then remove from heat.

Now, check your red peppers to see if they are cooked enough to remove the skins. Once they are, remove the skin and discard it.

In a food process, add all everything and whiz it up until you have a smooth consistency. Sometimes you may notice that it is too thick. If this is the case, add a tablespoon of water at a time. Do this until you have the consistency you like. Next, I would give it a taste and see if you think it needs anything else added to it. I mostly do cooking on taste and feel, so sometimes you just know you want that added bit of extra lemon juice.

Served above with veggie sticks and bread crisps. Can be used as a dip for many other things. This will keep in the refrigerator for a couple of days.