



## Chickpea and carrot mutabal two ways.

*I was once lucky enough to be served an incredible carrot mutabal which my host had made from a recipe in “The Jewelled Table” by Bethany Kehdy. The dish was so good that I rushed out to buy the book and so began a mini education for me around the term “hummus”. These dips take their inspiration from that original mutabal.*

For the hummus

400g jarred garbanos, or you can use tinned chickpeas or cooked dried chickpeas, and a bit of aquafaba (the liquid the chickpeas are cooked in)

4tbsps light tahini

Extra virgin olive oil\*

Juice of 1 lemon

For the carrot mutabal

3 large carrots, washed, peeled and chopped into chunks.

Olive oil

Salt and pepper

For the date, carrot, and walnut topping

1 large carrot, washed, peeled and chopped into chunks

10 dates

1tsp caraway seeds

3 tbsps butter

10 walnuts, roughly chopped



Recipe by Susie Sandford Smith

1. Preheat your oven to 180 degrees.
2. Place your chopped carrot on a baking sheet, toss with olive oil, salt, and pepper if you like.
3. Roast for 20 to 30 minutes until tender. Remove from the oven once soft and leave to cool.

#### For the hummus

Put the chickpeas, aquafaba, and tahini in a food processor and pulse. Add in enough oil to get to a consistency just shy of how you like your hummus. Add the juice of half to one lemon, according to your taste and give a final pulse. Season with sea salt and freshly ground black pepper. Spoon into a bowl, add a slick of olive oil and serve or top with the date, carrot, and walnut topping.

#### For the carrot mutabal

Make the hummus as above adding in your roasted carrot and their oil before the olive oil and lemon. I like mine with little bits of carrot but if you prefer you can puree your carrot before adding to the hummus. Season and serve.

#### For the date, carrot, and walnut topping

Toast the caraway seeds in a dry frying pan for a few minutes. Allow to cool then grind in a pestal and mortar. Finely chop the roasted carrot. Heat the butter over a medium heat until it begins to bubble, add the chopped walnuts and stir for a minute or two, add the ground caraway seeds and stir. Add the chopped carrots and cook for a further two minutes until warmed through. Finally add the chopped dates and give a quick stir before removing from the heat.

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Serve as I have, topping your carrot and chickpea mutabal with a few chickpeas and some oil and your hummus topped with the date, carrot, and walnut mixture. Serve with pitta bread or flat breads or with crackers or raw veg.



Alternatively serve as canapés, as I have here.

\*According to Bethany Kehdy one should only ever use one form of fat i.e. tahini or oil or butter, but I prefer my dips with tahini AND oil. So there you have it.



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