



**BIG B GROCERY**

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***BIG B KNOWS WHAT IT TAKES TO FEED A FAMILY***

## **Hummus Recipe**

A chick-pea creams with garlic, Hummus,  
Oumos, or Humus

A delicious and healthy Mediterranean recipe,  
easy, cheap and fast to make (10 min).

Hummus is a cream of chick peas with garlic,  
lemon and olive oil, from Lebanon.

- Take a can of chickpeas (standard, 850ml 530 g), also called garbanzo beans. Wash the peas (4 holes on one side, open the other, put in a sink and rinse under a water flush)
- Put the peas in a blender (food-processor)
- Add 100 ml of lemon juice (one glass or half a cup, unsweetened, e.g., Pulco, or two lemons)

- Let it turn for a while. When it becomes “creamy”
- Add 100 ml of olive oil (one glass or half a cup. Better to replace  $\frac{1}{4}$  of the glass with canola (rapeseed) oil, for fatty acids balance)
- Some people prefer less lemon (50ml). Let the mixer turning until the cream is “perfect”. While it turns:
  - prepare four big garlic cloves (two cloves are enough for most people),
  - Stop the blender, crunch the garlic with a garlic-cruncher on top of humus, wait 2-3 min for garlic to “mature”, and mix again the humus.
  - Serve it cold, with mint leaves as ornament (optional). Spread it on bread (or take a spoon!) For those who “hate” garlic (yes, they exist), make humus without garlic, but provide cumin powder with it.

For those who like “hot” stuffs, use an olive oil with Red chili paper, where red chili pepper has been “swimming” for a while.