

Cauliflower Hummus

Swick

Makes 2 to 3 cups | Active Time: 30 minutes | Total Time: 45 minutes

- 1 head cauliflower, cut into florets (approx 2 lbs/5 cups once cut)
- zest of 1 lemon
- 1 tsp gr cumin
- sea salt, to taste
- 2 tbsp olive oil, (to make oil-free, omit oil)

To start, preheat the oven to 425°F (220°C) and line a baking tray with parchment paper.

To prepare the cauliflower, simply toss it with the lemon zest, cumin, salt, and olive oil (if using).

Place the cauliflower onto the baking tray, cut-side down and roast for 10 to 20 minutes, or until it is nice and golden underneath and just cooked through.

- 1 clove garlic, peeled
- 1/2 cup tahini paste
- 1/4 tsp black salt (and/or chaat masala), or to taste*
- 1/4 to 1/2 cup fresh lemon juice
- 1 tsp sea salt, or to taste
- 3 to 5 tbsp extra-virgin olive oil (to make oil-free, omit oil)
- freshly chopped parsley, cilantro and mint, for garnish

Before you start, reserve a few smaller pieces of the roasted cauliflower to garnish the hummus with afterward — this is not totally necessary but it does make for nice presentation and also gives a visual representation of what the hummus is made with (which you may, or may not, want to actually share with people before they eat it).

To make the hummus, first purée the garlic in a food processor. Note that roasted garlic or even Garlic Confit can also be used. The amount of garlic is ultimately up to you but we prefer our hummus to not be too overpowering in terms of garlic.

Next, add the roasted cauliflower, tahini, and black salt (if using) — while the black salt is not necessary, it does help to add another earthy note to the hummus.

Pulse the mixture a few times and then add the fresh lemon juice, salt, and purée again. Next, slowly add in a bit of olive oil (if not using olive oil, a bit of stock can be used instead). The final consistency will depend on how you like your hummus, but typically it is served somewhat soft/runny while still firm enough to hold its shape.

Lastly, taste for seasoning, adding more salt, cumin, and/or lemon juice as desired.

To serve the hummus, spoon it into a shallow bowl and then spread it out a bit using the back of the spoon to create a few pockets — then drizzle the surface with a bit of extra-virgin olive oil (if using) and sprinkle with a bit of smoked paprika and garnish with the reserved pieces of cauliflower. Serve either warm or cold with some vegetables, pita bread and/or crackers. Here is the recipe for the delicious Rosemary-Black Pepper Crackers .

This hummus is also nice garnished with some toasted pine nuts and roughly chopped fresh parsley, cilantro and/or mint.

This recipe can also be made in a high-speed blender but it's just a bit more work as you will need to use the stick/stirrer that comes with your blender to push the ingredients around a bit as the mixture is quite thick.

This hummus will keep for several days in the refrigerator.