

# Hummus Ma Lahma | Hummus with Spicy Beef

*Swick*

Serves 1 | Active Time: 25 minutes | Total Time: 25 minutes

## Chef's Notes

This is a great variation from plain traditional hummus.

Hummus can be made the day before and leftovers will keep for several days in the refrigerator. This recipe results in a more authentic hummus with a stronger tahini presence, unlike most North American recipes. If you prefer, you can decrease the amount of tahini to suit your tastes.

\*Note: Technically, Monsoon Balti Mix is more Indian, but the flavor it adds to the hummus is fantastic. Monsoon Balti is available in many specialty stores or online from Monsoon Coast, the company that makes it.

## Making the Hummus

To make the hummus, first peel the garlic and then puree it using a food processor. Next, add the chickpeas, tahini and spices. Pulse a few times and then add the fresh lemon juice, salt and pepper and puree again. With the machine running, slowly add in the oil until you reach the desired consistency.

Once done, set aside while you prepare the beef. The hummus can also be made the day before and stored in the refrigerator.

## Step 1: Making the Hummus

- 1 small garlic clove (or to taste)
- 2 1/2 cups cooked chickpeas (or 1 - 19 oz can, drained)
- 1/2 cup tahini (sesame paste)
- 1/2 tsp ground cumin or 1/2 tsp Monsoon Balti Spice (see note below)
- 1/2 cup fresh lemon juice
- 1/2 tsp sea salt
- 3 tbsp extra-virgin olive oil
- 1/2 tsp freshly ground black pepper

## Cooking the Beef

To prepare the beef, first finely chop the onions. Preheat a fry pan over medium heat and then add the oil. Add the onions and sauté for a minute or two. Then add the beef and sauté for another 2 or 3 minutes or until the beef is just cooked through. If necessary, drain any excess fat.

With the heat at medium low, add the beef back to the pan. Then add the tomato paste along with all of the spices. Let cook for about 5 minutes, stirring occasionally to prevent sticking.

In the meantime, you can go ahead and prepare the garnish.

## Step 2: Cooking the Beef

- 1 small onion
- 2 tbsp olive oil
- 1/2 lb lean ground beef
- 1/2 small can tomato paste
- 1/4 tsp allspice
- 1/8 tsp cinnamon
- 1/8 tsp ground cumin
- 1/8 tsp chilli powder
- 1/2 tsp smoked paprika
- 1 tsp turmeric
- 1/4 tsp kosher salt
- 1/8 tsp freshly ground black pepper
- 1 tsp chopped cilantro
- 1 tsp chopped parsley
- 1 tsp chopped mint

## Assembling the Dish

To prepare the garnish, roughly chop the cilantro, parsley and mint.

To assemble the dish, first place the hummus into a shallow serving dish. Make a well in the center of the hummus.

Once the beef is ready, pour it onto the hummus. Then drizzle the top with some extra-virgin olive oil and season with freshly cracked pepper to taste. To finish, garnish with the fresh herbs, a touch of smoked paprika and serve immediately with warm pita bread.

### Step 3: Assembling the Dish

- smoked paprika (for garnish)
- 1 tsp chopped cilantro
- 1 tsp chopped parsley
- 1 tsp chopped mint