



# Beetroot & Crème Fraiche Hummus, dressed with Fleurieu Feta

## groundwork

Chickpeas need to be soaked overnight, you have the option of using canned chickpeas

On the day, you will need 30 minutes preparation time, allow ½ hour cooking time

Serves 10+ accompany with hors d'oeuvres



## elements

250 g dried chickpeas, reserve the liquid

1 large onion, finely chopped

500 g beetroot, whole

¼ cup of tahini, sesame seed paste

2/3 cup Alexandrina Crème Fraiche

6 cloves garlic, crushed

¼ cup lemon juice

1 Tbsp ground cumin

¼ cup local olive oil

½ cup Alexandrina Fleurieu Feta

salt flakes & freshly ground pepper

## technique

- Soak chickpeas in cold water overnight, rinse and drain well.
- Place the chickpeas and onions in a large heavy-based pan, cover with water and bring to the boil.
- Reduce heat and simmer for 1 hour, until chickpeas are very soft.
- Drain reserving 1 cup of cooking liquid, allow to cool.
- Place the whole beetroot in a large heavy-based pan, cover with boiling water and cook until tender.
- Drain and allow to cool slightly before removing skins.
- Chop the beetroot and place in a food processor, in batches if necessary.
- Add the chickpea and onion mixture, add the tahini, Alexandrina Crème Fraiche, garlic, lemon juice and cumin, process until smooth, slowly add reserved cooking liquid and olive oil while the machine is running.
- Process until the mixture is thoroughly combined.
- Place the hummus in a large serving bowl .
- In a separate bowl smash the Alexandrina Fleurieu Feta with a fork, and garnish the top of the hummus.
- **Plating up** | Drizzle a little olive oil and serve with local flat bread, and crisp vegetable sticks.



## Calcium Hero of the Dish | Alexandrina Crème Fraiche, 500ml ml tub

A naturally matured, thickened soured cream using culture. It has a light and lemony taste, and goes well with both savoury and sweet foods as a condiment. Crème Fraiche is made by adding a culture (special bacteria) to our fresh Pure Jersey Cream. It has a subtle tangy, slightly nutty flavour and rich, velvety texture, and this product is completely free from any additives. 30 % minimum fat.

- **Looking for Alexandrina Products?** | Click on the shopping trolley on the home page, to find the list of our supportive South Australian stockists - visit <http://www.alexandrinacheese.com.au/>
- **Looking for Beetroot?** | Try one of the growers at your local Farmers Market.
- **Plating up** | The colour of this Beetroot Hummus is amazing, the rich creamy colour of the feta shows up against the beetroot's magenta colour, together they are visually spectacular for hors d'oeuvres.
- **Top Tip** | Apart from accompanying a Moroccan meal, you may serve this with roast lamb or beef.
- **Foodie Fact** | "from South Australia, this has the nutty and tangy qualities of a good Crème Fraiche, with the tanginess being more pronounced than the nutty flavour. It appears aerated but, once stirred, it become luscious and thick", *Produce Review, Vogue Entertaining & Travel "Cooking with Crème Fraiche" – June / July 2005*
- **Find more Alexandrina recipes** | [http://www.alexandrinacheese.com.au/recipe\\_book.html](http://www.alexandrinacheese.com.au/recipe_book.html)



