



KCAL\*  
95

#### NUTRITIONAL INFORMATION (by ration)

3,8	Protein
7,5	Carbs
4,9	Total fat
0,65	Saturated fat
2,5	Monounsaturated fat
1,3	Polyunsaturated fat
0	Cholesterol
2,3	Fiber
0,19	Sodium

#### ALLERGENS sesame

\* Kcal by ration



180'



15 PAX



VEGAN



LEGUMES

## BEET HUMMUS

PONS

USE:



**PONS GREEN OIL**  
EVOO Arbequina



**PONS INFUSED WITH LEMON**  
EVOO infused with Lemon



**PONS CULINARY WILD FENNEL**  
EVOO with Wild Fennel



**PONS CHARDONNAY VINEGAR**  
Chardonnay Vinegar

PAIR:



**FLOCS ROSÉ**  
Cava Brut Rosé



**FLOCS**  
Cava Brut

#### INGREDIENTS

- 250 g** Dry chickpeas (this will turn out to about 600 g boiled)
- 300 g** Boiled beets (about 2 units)
- 50 g** Tahini
  - 1 Garlic clove
- 3 gr** Salt
  - A pinch of pepper
- 25 ml** Pons Culinary Fennel Oil
- 75 ml** Cold water
  - A drizzle of Pons Green Oil
  - A few drops of Pons Chardonnay Vinegar
- For the tahini:*
- 220 g** Sesame seeds
- 75 ml** Pons Infused with Lemon

#### UTENSILS



Cooking pot



Colander



Knife



Hand blender

#### OBSERVATIONS

Serve your beet hummus as a dip for a few fresh vegetables: carrots, celery, mushrooms, zucchini, cucumber... Extremely healthy!

#### ELABORATION

- Allow the chickpeas to soak, with a 2/1 water/chickpea ratio, for 12 hours at room temperature.
- Drain the chickpeas and wash them thoroughly in cold water.
- Put in a pot with abundant water to cover the chickpeas by at least 5 centimetres and bring to boil (use water low in minerals, preferably bottled). 🔥
- Once the water is boiling, add the chickpeas and let cook between 40 and 120 minutes, depending on the variety, at medium-low heat. 🔥
- If additional water is added, make sure to maintain the boil. 🔥
- Salt the chickpeas to taste in the last few minutes of cooking. Drain and let cool. ❄️
- While the chickpeas are cooling, make the tahini by toasting the sesame seeds in a pan until golden. 🔥
- Add 50 ml Pons Lemon Infused Oil to the toasted sesame and blend the mixture in a Blender until it reaches the consistency of a very fine paste. ❄️
- Put the boiled chickpeas (about 550/600 g) in a recipient. ❄️
- Slice the beets and add them to the chickpeas. ❄️
- Add the tahini, garlic, Pons Culinary Fennel Oil, pepper and drops of Pons Chardonnay Vinegar. ❄️
- While adding the cold water bit by bit, blend the mixture until it is a very fine paste. ❄️
- Store the hummus in the refrigerator and cover with Plastic wrap to prevent air from drying out its surface. ❄️
- Season with a good drizzle of Pons Green Extra Virgin Oil.



High heat



Medium heat



Low heat



Freezing



Refrigeration



Fresh