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## HUMMUS

250 gm Chickpeas (from a can)  
250 ml Olive Oil  
180 gm Tahini (Hulled)  
50 ml Red Wine Vinegar  
4 tablespoon Lemon juice  
Salt & Pepper  
2 cloves garlic (may be roasted if you want a milder flavour)

Drain and reserve the juice from the can of chickpeas.  
Blend all ingredients in a food processor until smooth.  
Add some juice from the chickpeas till you get the consistency you want, remembering that it will thicken up in the fridge.

## EGGPLANT DIP

2 Eggplants  
1 tablespoon olive oil  
1 tablespoon vinegar  
4 tablespoons lemon juice

Char the eggplants over an open flame or under a griller until they are soft and the peel is flaking.

Put the eggplants into a plastic bag and allow to drain as they cool then remove the peel.

Blend the eggplants with the remaining ingredients in a blender, then place the mixture in a refrigerator to cool.

## PESTO

2 cups fresh basil leaves  
2 garlic cloves crushed  
3 tablespoons grated pecorino or parmigiano cheese  
½ cup olive oil  
salt  
2 tablespoons pine nuts (or Cashews if you prefer)

Toast pine nuts briefly in a hot dry pan until golden ( you can ignore this if you are using cashews).

Combine basil, nuts, garlic, cheese and salt in a food processor until blended to a fine paste.

Add oil slowly while still buzzing.

Store in an airtight jar in the fridge.

Keep a half centimetre of olive oil over the top of the mixture.

\* make coriander pesto by omitting basil and using fresh coriander

\*\* I often use cashews instead of pine nuts.

## PESTO LETTUCE

Shred some lettuce then mix in some pesto and some whole egg mayonnaise or Aioli.