



HUMMUS DIP OR FINGER SANDWICHES

EQUIPMENT: SAUTE PAN
MIXING SPOON
KNIFE & CUTTING BOARD

INGREDIENTS: 8OZ. HHF HUMMUS
VEGETABLE OIL
1 SMALL ONION MINCED 4OZ. SOUR CREAM
1 TSP CUMIN SALT & PEPPER
2 TSP CURRY POWDER

METHOD:

FIRST

SAUTE THE ONIONS UNTIL
TRANSLUCENT WITH THE
VEGETABLE OIL.

THIRD

ADD THE SOUR CREAM AND
MIX COMPLETELY. SEASON
WITH SALT AND PEPPER AND
TAKE OFF THE HEAT.

FIFTH

THE FILLING OF THE SANDWICHES CAN BE ANY TYPE OF MEAT OR
VEGETABLES THAT YOU LIKE. HERE ARE SOME SUGGESTIONS.

-GRILLED VEGGIES	-DELI MEATS	-GRILLED & SLICED SAUSAGES
-RAW VEGGIES	-FILLET OF FISH	-SCRAMBLED EGGS

SECOND

ONCE TRANSLUCENT, ADD THE CUMIN,
CURRY POWDER, AND HUMMUS. MIX
CONTINUOUSLY UNTIL THE HUMMUS
IS WARMED THROUGH AND STARTS TO
STICK TO THE PAN.

FOURTH

IF USING AS A DIP FOR VEGGIES AND
CHIPS, SIMPLY DIG IN AND ENJOY.

IF USING FOR SANDWICHES, SPREAD
THE HUMMUS DIP ON TOASTED BREAD
OF YOUR CHOICE.