

Traditionally we'd be having a BBQ for Lag B'Omer, but whatever you are doing at home, enjoy these recipes, indoors or out!

Basic Pitta Recipe

(Recipes adapted from: 'Sephardic Cuisine, Sheilah Kaufman')

Ingredients - Serves 6:

- 2 teaspoons dry yeast
- 1 cup warm water (not required if instant yeast)
- 3 cups plain flour
- 1 tsp salt

Method:

- Dissolve the yeast in the water (if using instant yeast, follow packet instructions)
- Sift flour and salt together into large bowl. Stir in yeast and water, work mixture into a ball and knead for several minutes, adding extra flour or water if needed
- Place dough in a lightly greased bowl, cover the bowl with a damp cloth and let the dough rise in a warm place until it doubles in size, about 1 hour.
- Pre-heat oven to 200C/350F. Insert baking tray to pre-heat.
- With lightly floured hands, divide dough into 6 equal portions and roll into balls. With either your hand or a rolling pin, pat and press each ball of dough into a 5 inch circle, around 1-2cm/ 1/2 inch thick.
- Carefully place onto the hot baking tray and bake for ten minutes, or until pitta is light golden brown
- Cool on a wire rack

Hummus

Ingredients - Makes 3 cups:

- 400g can chickpeas, drained and liquid saved
- 240ml/1cup tahini sauce
- Juice of 1 lemon
- 1-2 garlic cloves (to taste)
- 1/2 - 1 tsp cumin
- 1/2 tsp salt
- 1/4 tsp paprika
- 3 to 4 tbsp extra virgin olive oil
- Handful chopped fresh parsley to serve (optional)

Method:

- Puree chickpeas, tahini, lemon juice, garlic, cumin, salt, paprika, 1 tsp olive oil in a blender or food processor. If mixture seems too thick, use a little of the retained chickpea liquid to thin the hummus.
- To serve, scoop the humous onto the serving plate, and with the back of the spoon, make a depression around the top. Fill with the remaining olive oil (optional), garnish with the chopped parley (optional)