

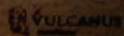
Hugh Fearnley-Whittingstall's
Seared Veg with Hummus
and Dukka



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VULCANUS
God of flames





Serves 4

Ingredients

- 1 Hispi cabbage
- 8–12 young onions, or large spring onions, or baby leeks
- 4–6 small courgettes

Hummus

- 400g tin chickpeas, drained and rinsed (or 250g cooked chickpeas or split peas)
- 150–200g cooked beetroot or carrot (optional)
- 1 tbsp nut butter
- Zest and juice of (up to) 1 lemon
- A scrap of garlic, grated
- 1 tbsp extra virgin olive oil
- Sea salt and freshly ground black pepper

Dukka

- 30g hazelnuts, roughly bashed
- 30g pumpkin seeds or sunflower seeds or a mix
- 2 tsp coriander seeds
- 2 tsp cumin seeds
- Pinch of chilli flakes
- Sprig of fresh mint, chopped

Dressing

- Olive oil
- 1 garlic clove
- 1 lemon
- Sea salt and freshly ground black pepper

Allergy Information

This recipe contains nuts which some people may be allergic to. Please check carefully before preparing or serving this dish.



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I love searing veg to get nice, charred and rich caramelised edges.

Serving a big platter of seared veg with a creamy hummus and scattering of dukka (a North African blend of toasted seeds, nuts and spices) makes a real feast of it.

As with the scallops you can vary the veg – little gem lettuces, asparagus, slices of kohlrabi and fennel can all be used.

Hummus method

- Put the drained chickpeas into a food processor with the nut butter, lemon zest and juice of half the lemon, garlic, a pinch of salt and a twist of pepper. Blitz to a coarse puree, then keep blending, trickling in the olive oil. If necessary, trickle in a little water too, to achieve a loose, spoon-able texture. Season to taste, adding an extra squeeze of lemon.

Dukka method

- Set a small, heavy-based frying pan on the Vulcanus® to pre-heat for a few minutes. Add the nuts and pumpkin/sunflower seeds to the pan and toast them for 2–3 minutes, shaking the pan regularly so they get toasted and start to colour a bit.
- While the seeds and nuts are toasting, lightly crush all the spice seeds using a pestle and mortar – breaking rather than grinding the spices; leaving a few whole seeds is fine.
- Add these to the pan of nuts and seeds, along with the salt, pepper and chilli flakes.
- Continue to heat for 2–3 minutes, moving or turning the mix now and then – you’re toasting the nuts and spices, almost-but-not-quite burning them (and beware, the small seeds/spices burn quite easily). When done, tip onto a plate and set aside to cool.

Seared veg method

- Slice the cabbages lengthways into six or eight wedges, cut larger onions in half lengthways – regular spring onions can be left whole. Slice the courgettes lengthways into 3 or 4 slices, 2–3mm thick.
- Lay the veg down onto the (pre-heated) Vulcanus® grill.
- Turn vegetables when slightly charred (keeping the stalky edges of the cabbage nearer to the fire as they’ll need a bit more heat to cook through).
- You can make the dukka on the Vulcanus® as above while the veg is cooking.
- Create the dressing in the serving platter by trickling the olive oil and a squeeze of lemon juice onto the serving dish and seasoning with a few slithers of garlic, a pinch of salt and a twist of pepper.
- Remove the veg from the grill once cooked and place on top of the dressing on the serving platter, tossing well.
- Finish with a final trickle of olive oil, sprinkle of salt and a squeeze of lemon.
- Generously dab hummus onto the platter of grilled vegetables.
- Once the dukka is cooled, stir in the ribboned mint, sprinkle generously over the platter of hummus-dressed veg and serve.