

# ISRAELI STYLE GREEN PEA HUMMUS WITH FRIED HALOUMI CHEESE, SPICED POPPED LENTILS AND GRILLED ZA'ATAR

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Hummus</i>	
Green peas, shucked	2 cups
Water	3 cups
Garlic cloves, whole	3 ea.
Salt	1 tsp.
Tahini paste	½ cup
Lemon juice	½ cup
Salt	2 Tbsp.
Ground white pepper	¼ tsp.
Ground cumin	1 tsp.
Ice	1 cup
Haloumi Cheese, sliced 1-inch	8 slices
Olive Oil	¼ cup
Pocketless Pita	8 ea.
Olive oil	¼ cup
Za'atar spice	¼ cup
Popped lentils (recipe follows)	1 cup

## **Method**

1. *For the Hummus:* Add peas, water, and whole garlic cloves to a pot and bring to a boil. Simmer gently for 5 minutes until fully cooked.
2. Remove peas and garlic cloves and allow to cool. Reserving 1-2 cups of the cooking liquid for processing.
3. In the bowl of a food processor, add the peas once they have cooled, whole garlic, tahini paste, lemon juice, salt, pepper, and cumin.
4. With the machine running, add the ice in 3 additions making sure it fully emulsifies between additions.
5. Chill for 1 hour.
6. Heat a grill on medium high.
7. Heat a saute pan with olive oil and fry the Haloumi on both sides.
8. Brush the pitas with olive oil and sprinkle with za'atar. Grill on both sides and then cut into wedges.
9. Plate the hummus, top with the popped lentils, Fried Haloumi, and pita wedges.

# POPPED LENTILS

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Olive oil	2 oz.
Cooked whole green lentils, drained	1 cup
Cumin, ground	½ tsp.
Fennel, ground	¼ tsp.
Salt	¼ tsp.
Pepper	¼ tsp.

## **Method**

1. Heat a skillet on medium high heat with the oil and add the lentils.
2. Swirl the pan around and toss the lentils in the oil.
3. The lentils will start to sizzle and pop. When the lentils are crispy, and the edges are dried, drain on a paper towel. This will take about 5-10 minutes.
4. Season with spices, salt, and pepper.