



# Poischichade

(Chickpea (pois chiches) Spread or Dip)

Serves 8-10

Poischichade (pwa-she-shawd) is a Southern France chickpea spread or dip that has a similar texture to hummus but even easier to make and can include a variety of added flavors and spices. This version includes a cumin and is brightened up with lemon and a hint of “heat”.

## Ingredients

1 — 15 ounce can chickpeas well-drained

2 cloves garlic, peeled

3 tablespoons extra virgin olive oil

3-4 teaspoons fresh lemon juice

3-4 teaspoons water as needed

¼ teaspoon salt or more as desired

1 teaspoon cumin

¼ teaspoon espelette or ⅛ teaspoon cayenne

Optional Garnish: toasted cumin and drizzle of olive oil

## Steps

1. Mix everything in the bowl of your food processor or blender and coarsely puree.
2. Taste and adjust for seasoning (salt) or spice level.

## Serving Ideas

Serve with slices of baguette, carrot sticks, cucumber slices, radishes and crackers or use as a sandwich spread.