

Hummus Recipe

A soft smooth tasty bean dip. Dip with Sliced cucumber or carrot sticks, or use as a sandwich spread.

Makes: 6 to 8 servings

Time: 15 minutes with precooked chickpeas

Make it as garlicky, lemony, or spicy as you like (try it with smoked pimentón or Aleppo or other mild Middle Eastern pepper); I love it with lots of lemon juice.

If you're serving it as a dip, you may need to add more bean-cooking liquid, water, olive oil, or lemon juice to thin it.

Ingredients

2 cups drained well-cooked or canned chickpeas, cooking liquid reserved if possible
1/2 cup tahini, with some of its oil if you like. This comes in a small can. It is ground up sesame seeds, it is a lot like peanut butter
1/4 cup extra virgin olive oil, plus oil for garnish
2 cloves garlic, peeled, or to taste
Juice of 1 lemon, plus more as needed
Salt and freshly ground black pepper
1 tablespoon ground cumin or paprika, or to taste, plus a sprinkling for garnish
Chopped fresh parsley leaves for garnish

Step One

Put the chickpeas, tahini, oil, garlic, and lemon juice in a food processor (or a blender for even smoother hummus), sprinkle with salt and pepper, and begin to process; add chickpea-cooking liquid or water as needed to produce a smooth purée. I use a food processor, but I have friends who use blenders, or mash by hand.

Step Two

Taste and adjust seasoning, adding more salt, pepper, or lemon juice as needed. Serve, drizzled with some olive oil and sprinkled with a bit of cumin or paprika and some parsley.