

Hummus

Recipe adapted from: cookieandkate.com

Yield: 2 cups

Ingredients:

1 can (15 ounces) chickpeas, rinsed and drained
½ teaspoon baking soda
¼ cup lemon juice (from 1 ½ to 2 lemons), plus more to taste
1 clove garlic, roughly chopped
½ teaspoon salt, plus more to taste
½ cup tahini
2 to 4 tablespoons ice water
½ teaspoon ground cumin
1 tablespoon olive oil, plus more for topping



Photo by Holley Barreto (2020)

Equipment:

Strainer
Measuring spoons
Medium saucepan with lid
Food processor or high powered blender
Liquid measuring cup
Cutting board
Knife for chopping
Scraper
Serving bowl

Directions:

Place the chickpeas and baking soda in a medium saucepan, and add enough water to cover the chickpeas by a few inches. Bring to a boil over high heat. Cook until chickpeas are very soft and skins are falling off, about 20 minutes; reduce heat if needed to prevent spillover. Drain the

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chickpeas in a strainer, discarding the cooking liquid. Run cold water over chickpeas to help stop cooking process. Shake gently to remove excess water; set aside.

While chickpeas are cooking, put the lemon juice, garlic, and salt in a food processor or high powered blender. Process until garlic is minced. Let sit for at least 10 minutes to allow the garlic flavor to mellow.

Once garlic has been minced and mellowed, add the tahini to the food processor or blender; don't add the chickpeas yet! Process until mixture is a thick paste, stopping to scrape the sides and bottom of the processor or blender frequently to incorporate any little bits. While the motor runs, slowly pour in 2 tablespoons ice water. Continue to process until mixture lightens in color and becomes very smooth and creamy, making sure to scrape down the processor or blender as needed. If mixture isn't becoming lighter and creamier, drizzle in a tablespoon ice water a bit at a time while the processor or blender runs. The goal is a perfectly smooth mixture!

Once your tahini has become light and creamy, add the cooked chickpeas and cumin, and process. While the motor runs, slowly pour in the olive oil. Process until the mixture is once again very smooth, fluffy, and not at all grainy, about 2 minutes. Make sure to stop to scrape the sides and bottom occasionally. If the hummus is still a bit grainy or not fluffy, add the remaining ice water a bit at a time while the motor runs. Again, the goal is a very smooth, light, and creamy texture.

Taste hummus to check for seasoning, adding more salt or lemon juice as desired. Scoop the hummus into a serving bowl or platter and drizzle with additional olive oil if desired. Serve immediately or store in the refrigerator in an airtight container for up to 4 days.