



Hummus

INGREDIENTS

2 1/2 cups cooked chickpeas
2 1/4 tsp baking soda
1 to 2 cloves garlic
1/2 cup tahini
1/2 tsp ground cumin (optional)
1/4 cup lemon juice
3 tbsp extra-virgin olive oil (optional)
3/4 tsp salt
Paprika

METHOD

1 Cook the Chickpeas. If cooking dried chickpeas, soak them overnight in water with 1 1/2 tsp baking soda. Drain the chickpeas and place them in a pot. Cover with water and add the remaining 3/4 tsp baking soda. Bring to a boil, then reduce heat and simmer gently for about 2 hours, until very soft. Add more water if needed to keep the chickpeas covered. Drain the chickpeas and reserve the cooking liquid.

2 Blend. Add the garlic to a food processor and purée. Add the warm chickpeas (reserve a few for garnish), tahini, and ground cumin if using. Pulse a few times. Next, add the lemon juice and salt and blend again. With the machine running, slowly add some of the reserved cooking liquid and olive oil if using, until the hummus is smooth and reaches the desired consistency.

3 Serve. Spread the hummus in a shallow bowl. Drizzle with extra-virgin olive oil if using. Sprinkle with paprika and garnish with the reserved chickpeas.