



Freshly made hummus is a staple in my refrigerator. It makes a nutritious protein-packed snack and a healthy addition to your favorite grain bowl, veggie platter, or antipasto tray.

Creamy HUMMUS

For a smoother, creamier hummus, soak and cook dried chickpeas. If you are short on time, use quality canned chickpeas, preferably from Spain or Portugal, if possible.

If you have time to cook dried chickpeas, it is essential to presoak before cooking. To help remove the chickpea skin and absorb moisture, add baking soda to the water when soaking and cooking chickpeas.

INGREDIENTS

1 -15 oz can/439g chickpeas, drained (reserve a few for garnish)
OR cook 200 g dried chickpeas (instructions below)
2 cloves garlic, smashed or to taste
3 tbsp/45 ml tahini paste
¼ cup/60 ml extra virgin olive oil, plus splash for garnish
2 tbsp/30 ml freshly squeezed lemon juice, or to taste
Salt and pepper, to taste
1 tbsp/15 ml water, or more to reach desired consistency
Fresh parsley leaves, for garnish
Za'atar or smoked paprika, sprinkle as garnish

METHOD

Combine the drained canned chickpeas or cooked dried chickpeas, garlic, tahini paste, and olive oil in a food processor and puree until smooth. Add the lemon juice and season with salt and pepper to taste. If required, add a splash of water and pulse until desired consistency.

Transfer hummus to a chilled bowl and garnish with a splash of extra virgin olive oil, reserved cooked chickpeas, and parsley leaves. Serve hummus with crostini, crackers, naan bread or crudité's. If you don't serve immediately, cover hummus with plastic wrap and gently press to form a seal to prevent skin from forming.

COOK DRIED CHICKPEAS

¾ cup + 1 tbsp /200 g dried chickpeas
1 ½ tsp/7 ml baking soda (1 tsp for soaking and ½ tsp for cooking)
1 tsp/5 ml salt

METHOD

Soak dried chickpeas overnight in a large bowl with enough cold water and 1 tsp/5 ml baking soda to cover by at least 3 inches: drain and rinse-soaked chickpeas. Add to a large pot with water and ½/2 ml tsp baking soda, enough water to cover chickpeas by at least 3 inches.

Bring to a boil, lower the temperature to medium, cover with a lid, and cook for 40 minutes. When chickpeas are soft enough to crush with a fork or two fingers, add the salt and continue to cook for 15 minutes. Drain and cool before using.