

The Northwest School for Botanical Studies

Recipe by Christa Sinadinos

Hummus

4 cups cooked garbanzo beans (chickpeas)
½ cup olive oil
½ cup filtered water (or a little more for smoother texture)
1/3 cup lemon juice
1/3 cup tahini
2 cloves of garlic (optional)
1 tbs. cumin (freshly ground if possible)
1 tsp. coriander (ground)
Garnish with parsley sprigs (or tomatoes and cucumbers)
Salt and pepper to taste

Soak garbanzo beans overnight to enhance their digestibility and to hasten the cooking process. Or soak for two days, draining and refill water after 24 hours. Bring water to a boil and turn down to a medium simmer. Add a few pinches of sea salt and 3-4 bay leaves. Cook garbanzos with a lid on the pot, until they are soft (usually this takes about six hours.) Strain and rinse the garbanzos and set aside. Remove the bay after the garbanzos are cooked. Note-Although it takes a long time to cook the garbanzos, well cooked, home prepared garbanzo beans are much less likely to cause gas or digestive problems. They taste delicious this way too. You can prepare a double batch and freeze the finished product to make the efforts more worth while.

* It is ideal to blend the ingredients while the garbanzos are still warm.

- 1) Pour olive oil into a food processor.
- 2) Add garlic and blend. (Personally I usually skip the garlic, and find the flavor of the hummus to still be tasty.) I've gotten burnt out on all of the strongly garlic flavored pre-made hummus. Also, traditional hummus has a very mild garlic flavor if any, it is very subtle.
- 3) Add the tahini and lemon juice and blend again.
- 4) Add the water and ½ the garbanzos, pulse and add the rest.
- 5) Add salt and pepper to taste. Optional-add 1 tbs. (ground) Cumin and 1 tsp. Coriander.
- 6) Blend until hummus has a creamy texture. It should be smooth with no chunks.
- 7) Spread the hummus onto a plate or platter. Sprinkle some Paprika over the top. Drizzle with a little bit of olive oil. Garnish with fresh Parsley or tomato slices and / or cucumbers, and serve with warm pita.

Or Serve hummus with either fattoush salad or tabouli parsley garnish and pita. The salads add great flavor and texture (and that is how they are traditionally served). See "Simple Summer Greek Salad Recipe" on the Greek and Italian salad recipe page.