

NITA'S HUMMUS

INGREDIENTS

454 gm. (16 oz.) dried chickpeas
200 ml (7/8 cup) light olive oil
8 oz (1 cup raw), light-colored (hulled)* tahini (stirred)
7/16 cup (110 ml) fresh lemon juice (8 small lemons)
2 teaspoons salt
3 ½ teaspoons ground cumin
7/8 teaspoon ground coriander
2 teaspoons honey or sugar
3 medium cloves garlic, peeled or 1 Tbsp. minced garlic
2 teaspoons Tabasco or other crushed red pepper sauce (optional)
170 ml (3/4 cup) water (or more as desired to make the hummus smooth)

pine nuts or reserved cooked chickpeas
olive oil
paprika

INSTRUCTIONS

Soak chickpeas overnight, or boil for 2 minutes, remove from heat, and soak for 1 hour. Drain and rinse.

Put chickpeas in a 4-quart pot and cover generously with water. Add 1 teaspoon oil, baking soda or drinking soda. Bring to a boil. Reduce heat to medium-low and cook, covered, until chickpeas are **very** tender and soft, about 3-5 hours. (Or cook for 2 hours and let sit, covered, in the hot water for several hours until chickpeas are very soft. Drain. Return to pot and cover with cool water. Gently massage chickpeas until most of the skins come off. Remove what skins come loose. If you skip this step put in more spice and blend longer. Rise and drain well.

Squeeze lemons for juice or purchase **fresh** lemon juice.

In a food processor put the oil, tahini, juice, salt, cumin, coriander, sugar, garlic, pepper, and broth or water; purée until very smooth. Reserve a tablespoon or 2 of the chickpeas for garnish. Add the remaining chickpeas while the machine is running. Continue to purée, adding liquid as necessary, until airy in consistency, about 5-10 minutes.

After a few minutes, taste and adjust seasoning.

Transfer hummus to a serving dish and make a moat. Top with pine nuts or cooked chickpeas, drizzle with more oil, and sprinkle with salt and paprika.

* Hulled tahini is made with hulled sesame seeds. It has a lighter texture and flavor.

