

Hummus

Serves 8 to 10 people

Ingredients:

2 cups dried chickpeas
2 stems of thyme
1 stalk of celery
½ c olive oil
salt and pepper to taste

Method:

1. Rinse the chickpeas in cold water and soak them chickpeas for 18 to 24 hours
2. Combine the chickpeas, thyme, celery and 2 ½ quarts of water in a pot and bring to a boil while gently skimming the white foam out of the pot
3. Cook for 2 and a half hours or until tender
4. Blend the cooked chickpeas with olive oil in a food processor; add water to achieve desired texture
5. Stir in salt and pepper and additional ingredients below if desired

Hummus Variations

Once you have cooked and seasoned a basic hummus you can create your own special variety by adding seasonal ingredients. Below are some examples:

Roasted Garlic and Tahini

4 garlic cloves minced
2 Tbsp tahini
2 Tbsp lemon juice
½ c olive oil

Pistachio, Mint and Jalapeño

½ shallot minced
2 c fresh spinach
1 seeded jalapeño
2 Tbsp mint
½ c pistachio chopped

Jerusalem Artichokes and Cumin

1 cup artichokes hearts
2 tsp cumin
1 Tbsp lemon zest (from 2 lemons)
1 Tbsp lemon juice
2 tsp tahini

Roasted Sweet Potato and Cinnamon

1 baked sweet potato (to bake: salt the sweet potato and wrap in aluminum foil with the cinnamon stick)
1 cinnamon stick
1 tsp cinnamon powder
1 tsp lemon juice
1 tsp tahini