

HUMMUS

Making hummus is very much an art and not a science. Everyone makes it differently and prefers a different taste to it, so be sure to read this recipe completely before preparing.

INGREDIENTS:

3 cups (about 30 ounces) garbanzo (chick peas) beans, rinsed well, soaked, skins removed and drained

1/4 - 1 cup lemon juice

1-3 cloves garlic, peeled, whole

1/4 - 3/4 cup tahini (sesame paste)

1 teaspoon salt

water or olive oil to desired thickness consistency

Yields about 4 cups

DIRECTIONS:

To get the smoothest possible hummus, it is important you follow this sequence and not just dump all the ingredients into the food processor at one time.

1. Drain juice from cans of garbanzo beans.
2. Place beans in large bowl and cover with water
3. Allow beans to soak for at least 30 minutes
4. Wash hands well wear gloves and gently work your fingers through the bowl, rubbing the beans and the skins will come off.
5. Skim skins out of bowl.
6. Drain well.
7. Place garlic clove and salt in food processor and mix on high until blended.
8. Add garbanzo beans a little at a time and continue process till smooth – you may have to add a little water (a few tablespoons at a time) to help loosen them, but don't add too much at this point – you want a smooth, paste-like consistency.
9. Add tahini and continue to process
10. Add lemon juice and continue to process
11. Add olive oil and continue to process
12. Continue to process for several (3 -7) minutes until creamy smooth. If the processor gets warm, substitute small ice cubes (1 at a time) for water as you process.

Note: Remember to stop and scrape down sides as you go along. Add water or olive oil to obtain desired thickness or consistency. Keep in mind that hummus will thicken up a little once it has been completely mixed and allowed to sit in a refrigerator for a couple of hours.

Spoon into serving bowl or platter. Make designs with a spoon and pour olive oil into designs for a garnish.

KEEP REFRIGERATED, freezes well.

TIPS:

You can adjust lemon juice, tahini, garlic, and salt to your taste preference.

You want the canned garbanzo beans, not the bulk, dry ones that you have to soak overnight and then boil. Most grocery stores have garbanzo beans on the same aisle with the other beans. However, if your store has an "international foods" aisle, try there as the off-brand beans are usually much cheaper than the domestic brand and are just as good. I get mine at the Buy For Less store on Portland and the NW Expressway in their international foods aisle. Sometimes they have the Indo-European brand #10 cans (6 pound 10 ounce) or the Mid-East brand 29 ounce cans or the 15 ounce cans. I'm not sure if all Buy For Less stores will carry these particular brands. They also have tahini. One 29-ounce can or two 15-ounce cans of garbanzo beans is about equivalent to 3 cups.

If your food processor is not large enough to hold all the ingredients, measure out the quantities above and process in increments, pour batches into a large bowl and mix together well.

A good blender will work, but you may have to use a spatula to keep pushing the hummus into the blade. BE CAREFUL not to catch the spatula on the blade. To be safe, turn off the blender first, move the hummus back over the blade, cover the pitcher, then turn back on. Repeat. Using a blender usually requires so much additional liquid to get it to process that it can be difficult to obtain the desired thickness/consistency. I have a Ninja 3-blade blender, but have not tried to make hummus in it. Since it has the 3 blades and is significantly more powerful than most single-blade blenders (not including Vita-Mix blenders), I think it would probably work well for hummus.

Because of the large amount (1 cup) of lemon juice, this will obviously make a very sour hummus, which some people prefer. A friend of mine doesn't like the lemon at all, so I just replace it with olive oil and water and then use just a splash of lemon juice as a preservative or ½ fresh lemon, squeezed.

Important note on lemon juice:

Some people are allergic to the preservatives (sodium bisulfite and or sodium benzoate) found in the lemon juice concentrate you get in the NON-refrigerated section of the grocery store. You can the concentrated juice WITHOUT the preservatives in the frozen foods section. I've only seen in from Minute Made in a 7 ounce bottle that is in a black and yellow box - price around \$1.50+. Note that it may not necessarily be located with the other juice concentrates and you may have to ask for it and many stores do not carry it. Crest Foods is the only local grocery where I've found it.

I like to use olive oil instead of water and LOTS more garlic, but your call. If you have a garlic press, go easy on the garlic - start out with half a clove at first and then modify to taste. Pressing,

rather than chopping the garlic clove yields a much stronger garlic flavor because you expose a much larger surface area of the clove as opposed to just tossing a whole clove in. Trust me on this....

Other variations include incorporating roasted red peppers or roasted jalapeno peppers. You can usually buy the roasted red peppers in a jar, but the jalapenos you'll have to roast yourself. Go to <http://www.cooks.com> and search for "roasting peppers" for instructions.

It is better if you can prepare this the day or several hours before you plan on serving it to allow all the flavors to develop properly.

You may see some recipes that call for cummin (aka camino) spice. Use it if you like, but add it gradually as it can overpower the hummus.

Try to get fresh tahini (or tahina) paste at a local Mediterranean, Greek, Arabic, or Indian specialty store - the commercial brands you get at the grocery stores can sometimes be exceptionally strong and too much can overpower your hummus, so add tahini gradually.

In Oklahoma City, get supplies at Mediterranean Imports & Deli on the east side of N. May Ave. at NW 56th St. or Sweis Brothers Pita Bakery on the west side of N. May Ave. just south of the NW 23rd St intersection. Sweis has a good variety of other related food supplies.

Also, the best pita bread I've found is made by the Sweis Brothers Bakery at 2115 N. May Ave. - west side of the road just south of the NW 23rd St. intersection. They have thick, regular and thin varieties. If you plan on making pita chips from my recipe, I suggest the thin variety as it crisps up quickly and without burning the chips. Some Crest stores carry pita bread from John's Pita Bakery in Wichita, KS – their bread is very thin and also works well.

If you plan on making a lot of hummus and or pita chips, it is probably a good idea to go to Sam's or Costco to get your olive oil as they have the best price, as usual. I use their brand, Member's Mark. Also buy your lemon juice at Sam's - if you use the non-refrigerated variety.

For Christmas 2007 I received a Black & Decker 10-cup food processor, model FP1550T. It cost about \$40-\$50 and has PLENTY of power for a very reasonable price compared to most other popular food processors like Cuisinart and Kitchen Aid. The only thing I don't like about it is that it has a serrated-type blade which can't be sharpened, but most are like that anyway. It is still going strong in 2021!

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