

# Hummus

Makes 2 cups

I've tried a few different hummus recipes that were too grainy but this one does the job. The trick is to simmer the chickpeas in water with baking soda. This recipe is from Cookie and Kate who adapted a recipe by Michael Solomonov in the NY Times. I revised it to use Soom tahini after reading Zahav by Michael Solomonov but I use less tahini and more lemon juice than he recommends.

If you live in Ann Arbor, I suggest that you get some Father Sam's pita bread. It is available at Sparrow market in Kerrytown or make your own (see Pita recipe)



## Ingredients:

- 1 (15 oz.) can of chickpeas
- 1/2 tsp. baking soda
- 5 Tbsp. lemon juice
- 1 garlic clove
- 1/2 tsp. fine salt
- 4 Tbsp. ice water
- 1/2 tsp. ground cumin
- 2 Tbsp. olive oil
- 1 tsp. smoked paprika
- 6 oz. of Soom tahini
- 1 Tbsp. pine nuts
- 1 scallion
- 1 Tbsp. pomegranate molasses  
(optional topping)

## Equipment

- Food processor

**Hummus:**

☑	Directions	Time (min)	
	Drain chickpeas and discard liquid	2	
	Rinse chickpeas	2	
	Place chickpeas in a medium pan, cover with water, add 1/2 tsp. baking soda, and then simmer		
	Peel and chop 1 clove of garlic	1	
	In the food processor, combine 5 Tbsp. lemon juice, 1 Tbsp. water, chopped garlic, and 1/2 tsp. salt	2	20
	Process garlic and lemon juice and then allow to sit	10	
	Add 6 oz. of tahini to the food processor and process until smooth. While processing, slowly add 2 Tbsp. ice water	5	
	Drain the chickpeas. Transfer to the food processor and add 1/2 tsp. cumin.	2	
	With processor running, slowly add 2 Tbsp. olive oil and 2 Tbsp. ice water	2	
	Test for creaminess. Blend in more salt, lemon juice or ice water as needed to adjust taste and texture	1	
	Transfer to a serving dish. Cover with plastic and allow to sit at room temperature.		
	Toast 1 Tbsp. pine nuts	3	30
	Slice 1 scallion	2	
	Top with toasted pine nuts, paprika and scallion slices. Drizzle with olive oil	2	
	<b>Total</b>		<b>59</b>