

# HUMMUS



## INGREDIENTS

16 oz can of chickpeas  
Juice of 1½ large lemons (about ⅓ cup), more to taste  
2 to 4 cloves garlic, grated  
1½ tsp kosher salt, more to taste  
1 cup sesame tahini paste  
½ tsp ground cumin, more to taste  
Sweet paprika, for garnish  
Olive oil, for serving  
Chopped fresh parsley, for garnish



*Adapted from Zahav,  
by Michael Solomonov*



*Serves 8*

## INSTRUCTIONS

Drain the chickpeas and place in a bowl.

Make the tahini sauce. In a blender, combine the lemon juice, garlic and ¼ teaspoon salt. Let mixture sit for 10 minutes. Add tahini, 1½ teaspoons salt and the cumin, and blend until a thick paste forms. Add ⅓ to ⅔ cup ice water while blender is running, a little at a time, until sauce is smooth. You're looking for a perfectly smooth, creamy sauce.

Add the drained chickpeas to blender with tahini mixture. Blend until perfectly smooth and not at all grainy, stopping to scrape down sides of bowl occasionally. This blending

may take upward of about 2 minutes; just keep going until the mixture is ultra-creamy and fluffy, adding a little water if you need it to make the contents of the blender move. Taste for seasonings, adding more salt, lemon juice, and/or cumin as needed.

To serve, spread the hummus on a plate, dust with sweet paprika, drizzle with olive oil, and sprinkle with parsley.

ABOUT **סלמון**

# HUMMUS

Many people call hummus the national food of Israel. The country is filled with restaurants whose menus feature nothing but plates of hummus with a variety of additions. Hummus can be an appetizer, a side dish, or a meal; it all depends on how hungry you are!

Arab cuisine also features hummus, and Israel and neighboring Arab countries have long tussled over who makes the best hummus. Lebanon even asked the European Union to recognize hummus as a uniquely Lebanese dish—but that hasn't stopped Israeli chefs from competing to win the Guinness Book of World Records' recognition as the makers of the largest platter of hummus. In 2010, 50 Israeli chefs—Jews and Arabs—worked together to win the title with 9000 pounds of hummus. A few months later, a group of Lebanese chefs regained the title with 23,000 pounds of the stuff!

## NOTES

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