

Hummus

Recipe courtesy of Ginger DeFilippo, 2013



Ingredients:

4 cups or 3 cans of Chick Peas (Garbanzo Beans)
4 tbsp Olive oil
2 tbsp of fresh Lemon Juice
2 tbsp toasted Sesame Seeds
2 Garlic Cloves
Water
Salt
Black Pepper
Cayenne pepper

Toast the sesame seeds until golden brown. Blend sesame seeds until it becomes a paste. Add to mixture. Pour one can of chick peas with its juice into large food processor or a blender. Add the two other cans without its juice. Add 4 tbsp of olive oil and blend. Juice one lemon and pour into mixture and blend again. If it is too dry, add a little water. Chop garlic and add this to the hummus. Mix tahini into the mixture. To taste, add salt, black pepper and cayenne pepper. If you don't have the desired hummus taste, add a little vegetable broth and a little bit more salt.

If you use a bag of chick peas, soak overnight. Rinse the beans in the morning. Cook for about 45 minutes to an hour in the evening or until tender. Replace the water in the ingredients above for vegetable broth and add extra salt since you won't have the sodium that is added in cans. Use about a cup of the liquid from the cooked beans to add to the hummus.