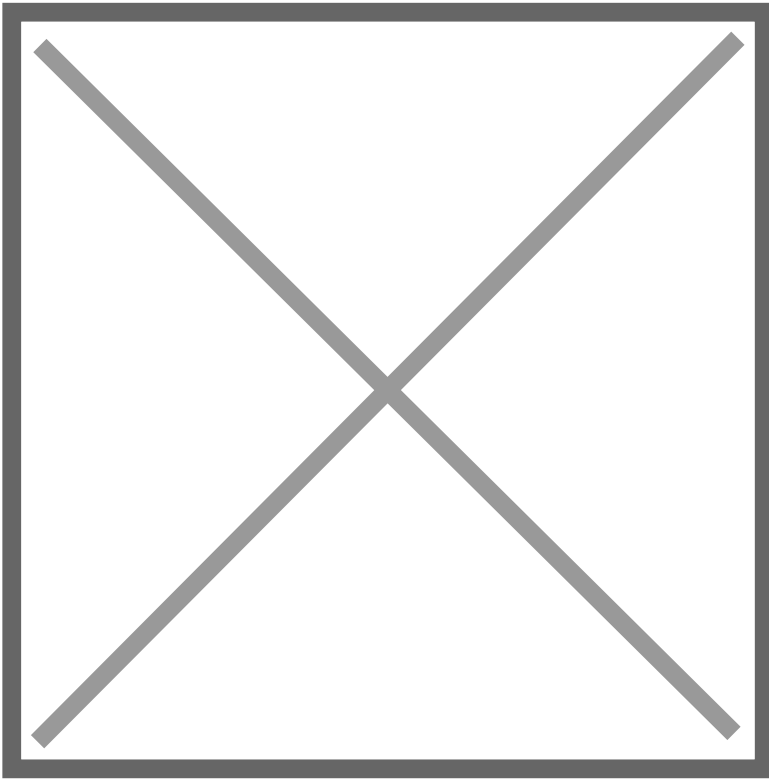


# Hummus

From: [cooking.nytimes.com](https://cooking.nytimes.com)



|        |            |
|--------|------------|
| Cook   | 2:30       |
| Yields | 4 servings |

This recipe comes from Zahav, the chef Michael Solomonov's Israeli restaurant in Philadelphia, which is known for its silky and wonderfully rich hummus. Garlic and lemon play small roles here; the indisputable co-stars are the freshly cooked chickpeas and the nutty tahini. While it's well worth the effort to cook the dried chickpeas yourself, substituting a couple of cans of cooked chickpeas is perfectly acceptable.

## Ingredients

- 200 g dried chickpeas
- 30 g lemon juice
- 1 clove garlic
- 1 teaspoons salt, more to taste
- 50 g peanut butter, sunflower seeds butter, or tahini
- 50 g olive oil
- 50 g greek yoghurt
- 0.5 teaspoon ground cumin, more to taste

- 1 ground cumin, for serving
- 1 Olive oil, for serving
- 1 Chopped fresh parsley, for serving

## Instructions

1. In a bowl, cover chickpeas by at least 5 cm of cold water. Quick soaking method: boil for 5 minutes, then let it rest for 1 hour. Slow: soak for 8 hours. Pressure cooker: add 4 times the weight of water, cook for 50 mins on the second ring; skip the cooking step.
2. In a medium pot, cover soaked chickpeas by at least 4 inches of water. Bring to a boil over high heat. Reduce heat to medium high and let cook at a vigorous simmer with a lid closed until chickpeas are quite soft, 1 to 1 1/2 hours. (Overcooked chickpeas are the secret to creamy hummus, so don't worry if they start to break down a little.) Drain. Keep the water
3. Blend everything but chickpeas until a smooth paste. Add a little of water if needed to help blending. Add chickpeas and blend until smooth paste. Sprinkle with cumin, olive oil, and parsley before serving.

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Revision #2

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