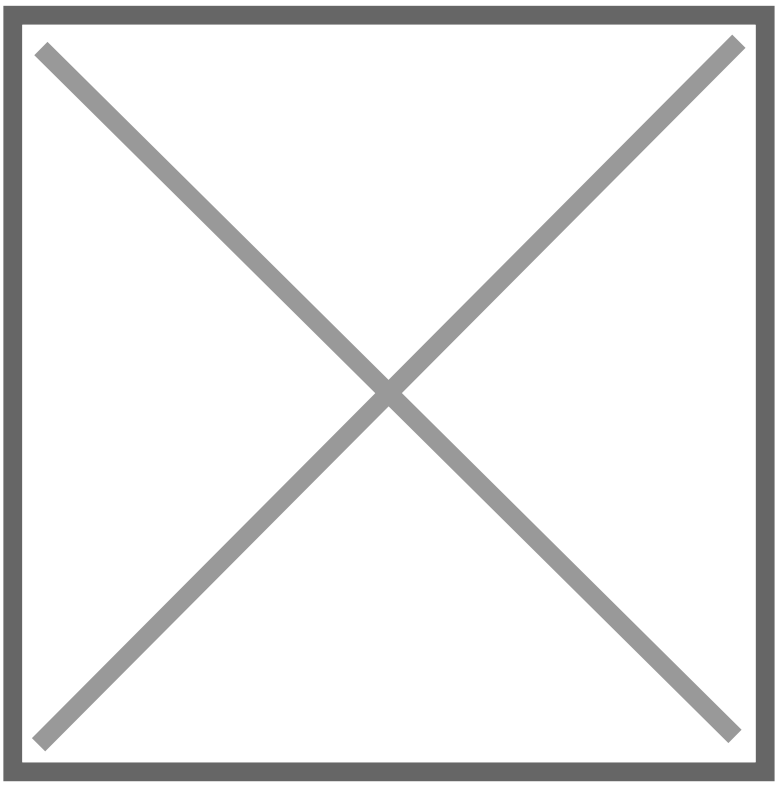
Hummus

From: 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.

Revision #2
Created 2023-06-22 06:50:41 UTC by Žygimantas
Updated 2024-02-17 18:34:22 UTC by Žygimantas