

RECIPE

Thick and Creamy Homemade Hummus

MAKES: 2 CUPS/4 SERVINGS

INGREDIENTS

One 15-ounce can chickpeas
2 lemons
1 small garlic clove
¼ cup tahini (see Note)
3 tablespoons olive oil
Coarse salt
A pinch of paprika
1 tablespoon chopped fresh flat-leaf parsley
Pita bread, carrots, cucumbers, and snap peas for dipping

Note

Tahini is a sesame spread, available in most grocery stores.



Hummus— a creamy spread of chickpeas and spices—is one of those things I love to eat and never knew I could just whip up right at home. In the Middle East, where hummus comes from, it is everywhere all the time! People eat it with breakfast, lunch, and dinner, and as a snack, along with toasty pita bread, crunchy pickles, and sliced fresh vegetables to dip. Hummus will keep in a tightly sealed container, refrigerated, for up to 5 days.

PREPARATION

1. In a strainer set over a medium bowl, strain the chickpeas and reserve the liquid. Juice the lemons and set the juice aside. Peel the garlic clove and, using a paring knife, slice it in half.
2. In a blender or food processor, combine the chickpeas, ¼ cup of the reserved liquid, ¼ cup lemon juice, the tahini, 1 tablespoon of the olive oil, 1 teaspoon salt, and half of the garlic. (If you are a garlic lover, use the whole clove.)
3. Blend, starting on low speed and gradually working up to the highest setting. Count to 20, then turn off the blender and remove the top. Using a long-handled spoon, check the consistency; if the texture is dry, add another 2 tablespoons reserved chickpea liquid. Turn the blender back on and blend until the hummus is very smooth, about 30 seconds.
4. Taste a little bit and add salt or lemon juice in small amounts, if you like. Spoon the hummus into a shallow bowl, drizzle with the remaining 2 tablespoons olive oil, and sprinkle with the paprika, chopped parsley, and a bit of lemon juice. Serve immediately with pita bread and vegetables.