

Hummus

Kurt

Ingredients

- 2 - 15 oz cans of chickpeas (garbanzo beans), drained but reserve 1 can of liquid
- 2 tbsp tahini
- 3 tbsp olive oil
- 2 garlic cloves, mashed
- 2 tbsp lemon juice
- 1 teaspoon of salt

Sprinkle paprika, or coriander, or black pepper if desired for additional color and flavor.

Instructions

Dump drained beans in a food processor. Add all other ingredients. Turn the processor on high and allow everything to blend. Add a little of the reserved bean liquid until the hummus reaches the desired consistency.

Note

Truly smooth and creamy hummus takes a lot longer.

Garbanzo beans have a translucent flexible shell, even in the can. This shell can be removed by gently rubbing the beans between your palms or in a damp towel. I found it takes me about 20 to 30 minutes to thoroughly clean 2 cans of beans. This may or may not be worth it to you.

There are a few ways to remove the shells:

First I put a colander/strainer in the bottom of a shallow bowl then dump the beans in to drain the juice, keeping some juice for the recipe. Try any of these methods to remove chickpea skins.

1. Place another deep large bowl in the bottom of your sink and fill with cool water about $\frac{3}{4}$ of the way full. Grab a handful of beans and dunk them in the water bowl, rubbing your palms together gently. You should see some of the shells coming loose. Continue rubbing and pinching the shells off the beans. The shells should float and most of the beans should sink. Collect the shelled beans and add them to the food processor.
2. Take a handful of beans and place them on a damp kitchen towel. Fold the towel over the beans and gently rub the pile of beans. Open up the towel, collect the shelled beans and add them to the food processor. Repeat this until you're satisfied all the beans are shelled. Shake the shells into the garbage. Add more beans and repeat the process.
3. Add 2 cans of chickpeas drained and rinsed to a microwave safe bowl. Add 1 tablespoon of baking soda and mix. Microwave for 2 minutes on high then rinse them in cold water, rub between your hands and the shells just float to the top. The only down-side could be the baking soda influencing the flavor of the peas/beans. You'll have to be the judge.