



## HUMMUS

## For the Love of Good Food

This particular dip originating in the Mediterranean part of the Middle East, has become extremely popular throughout Europe and certainly in many parts of the USA. The name of the dish is Arabic, but the Turks, Israelis and Greeks make it to their own specifications and spelling. Essentially it is a pungent garlic and lemon flavored dip made from garbanzo beans and a sesame seed paste called tahini.

Traditionally all ingredients were pounded in a pestle and mortar, but it is much easier to use the food processor, and does not change the flavor.

The difference between store bought and home made is huge, as is the cost. You will see that this is both easy and a very economical dish to make, especially for a crowd. It's filling too. A great addition to any picnic or buffet, or simply on its own with bread.

### Ingredients

*2-4 cloves of garlic (according to taste) peeled and roughly chopped*

*1 16oz can garbanzo beans , thoroughly drained*

*Juice of 1 lemon*

*1/4-cup olive oil*

*1/2 teaspoon salt (or more according to your taste)*

*1/3 cup tahini (find in kosher foods section supermarkets or health food shops)*

*Pitta bread and raw vegetables for dipping.*

1. Process the garlic in a food processor with the drained garbanzos, salt and lemon juice until a smooth puree.
2. Add olive oil and process further.
3. Once you are satisfied with the taste and texture and seasoning, add the tahini as the last ingredient. Process. The reason you add this last is that the mixture thickens considerably at this point.
4. Pour into a shallow dish and make a small indentation in the middle. Pour in a little extra virgin olive oil and serve.

### *Variations:*

- You can use powdered garlic, but it will taste much more like the store bought variety.
- At any time up to the point you add the tahini you can add any of the following ingredients to change the flavoring of the hummus: sun dried tomatoes in oil; chopped olives, raw chilies or a chili condiment; cooked spinach and grated nutmeg.
- My special favorite that makes this into a total meal is as follows:  
*Special Hummus:* 4oz ground lamb or beef and a handful of pine nuts. Sauté the meat until thoroughly cooked, add pine nuts and seasoning, then pile into the center of the hummus while still hot. Serve with warm pitta bread and quarters of sweet pepper, spears of cos lettuce and red onion. Feel free to use any raw vegetable for dipping. It just adds interest. Enjoy!