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Ultimate Hummus

Food Processor

Recipe Rating: 10.

Makes about 2 cups. This hummus is light and has a silky smoothness rather than the coarse, dense consistency so often found in commercial hummus.

In a taste-test, Cook's Illustrated recommends Joyva or Krinos tahini and Pastene chickpeas. The hummus can be refrigerated in an airtight container for **5 days**. If you do not plan to serve it immediately, refrigerate the hummus and garnishes separately. When ready to serve, stir in approximately ***1 tablespoon of warm water*** if the texture is too thick.

1/2 cup (100 g) raw chickpeas = 1 1/3 cups cooked (tested below).
1 1/2 cups cooked beans is equal to one 15-ounce can, 1 cup raw = 2 1/2 C cooked (Lorna Sass)
1 (15.5 oz) can Goya chickpeas = 1 3/4 cups (very soft)

THE EVENING BEFORE (TRADITIONAL SAUCEPAN METHOD ONLY)

1. **SOAK BEANS** (not for pressure cooker) in ***large bowl*** with ***1 quart water*** **overnight**.
DRAIN.

1/2 cup (3.5 oz, 100 g) dried chickpeas, picked over and rinsed (= 1 1/3 cups cooked and drained)
1 quart water, for soaking (2 quarts in all for saucepan method)

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COOKING THE BEANS

1. **SAUCEPAN METHOD:** Bring soaked beans, baking soda, and remaining quart water to boil in ***medium saucepan*** over **high heat**.
Reduce heat to low and simmer gently, stirring occasionally, until beans are tender, about **1 hour**.

The soaked beans
1/8 teaspoon baking soda
The remaining 1 quart water, to cook the beans

2. **RESERVING BEAN COOKING WATER;** drain the beans and cool. If necessary, spray with cold water to cool quickly.

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MAKING THE HUMMUS

1. **ROAST PEPPERS, IF USING.**

2. **MELLOW THE GARLIC (Optional):** For a range of garlic flavors and just a bit of bite, boil one clove for **5 minutes.**
Add the second clove and continue to boil for **3 minutes.**
Add the third clove and boil for **1 minute**. Drain; remove skins.

3 small cloves unpeeled garlic

3. **COMBINE** lemon juice and the reserved cooking water in a ***small bowl or measuring cup.***
WHISK TOGETHER tahini and 2 tablespoons oil in second ***small bowl or measuring cup.***
SET ASIDE ***2 tablespoons chickpeas*** for garnish.

3 tablespoons juice from 1 to 2 lemons
1/4 cup water

6 tablespoons (3.2 oz, 90 g) tahini, stirred well (Joyva or Krinos)
2 tablespoons (1.0 oz, 28 g) extra-virgin olive oil, plus extra for drizzling

Reserve 2 tablespoons chickpeas for garnish (optional)

4. **WITH PROCESSOR RUNNING,** drop garlic through the feed tube.
ADD remaining chickpeas, salt, cumin, and Aleppo or cayenne and process until almost fully ground, about **15 seconds**.
SCRAPE DOWN bowl with rubber spatula.

NOTE – if using canned chickpeas, microwave them for a minute and then cool to room temperature before processing. This produces a silkier texture.

The 3 poached garlic cloves (Orig: 1 sm clove, pressed, abt 1/2 t)
The remaining cooked chickpeas
3/4 teaspoon table salt (orig: 1/2 tsp) (1 tsp = a bit too much)
1/4 teaspoon ground cumin
1/4 teaspoon soy sauce or tamari
1/8 tsp lemon dust (Kruger)
1/8 teaspoon dark sesame oil
Grind white pepper (Kruger)
1/8 to 1/4 teaspoon Aleppo chile flakes (orig: Pinch cayenne)

5. **WITH MACHINE RUNNING,** add ***lemon juice-water mixture*** in steady stream through feed tube.
SCRAPE DOWN bowl and continue to process for **1 minute**.
WITH MACHINE RUNNING, add ***oil-tahini*** mixture in a steady stream through feed tube; continue to process until hummus is smooth and creamy, about **15 seconds**, scraping down bowl as needed.

The lemon juice-water mixture

The oil-tahini mixture

6. **CHECK CONSISTENCY** of hummus. If needed, **by the tablespoon,** add juices from bean cooking liquid if desired to achieve a creamy, light texture.

The reserved bean cooking liquid

7. **TRANSFER HUMMUS** to ***serving bowl***, sprinkle reserved chickpeas and cilantro or parsley over surface, cover with ***plastic wrap***, and let stand until flavors meld, at least **30 minutes**.
DRIZZLE with olive oil and serve.

The reserved 2 tablespoons chickpeas, for garnish
1 tablespoon minced fresh cilantro or parsley leaves, for garnish
Sprinkle with Zatar (zataar, zahtar) or cayenne
A drizzle of good olive oil (Morea)
See garnishes for individual variations below

MENU IDEAS.

On bagels, stuffed into pita with chopped tomatoes, cucumbers, and shredded lettuce, dip for bagel chips, Triskets, crispy pita wedges, dip for crudités

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VARIATIONS:

- **SMOKED PAPRIKA HUMMUS:** Add **1 teaspoon smoked paprika** to the processor with the cooked beans and salt. Garnish with **1 tablespoon thinly sliced scallion greens** and **2 tablespoons toasted pine nuts.**

- **ROASTED RED PEPPER HUMMUS:** Omit the reserved bean cooking water. With the chickpeas, process **1/4 cup jarred roasted red peppers, rinsed and dried thoroughly with paper towels.** Garnish with **2 tablespoons toasted sliced almonds** and **2 teaspoons chopped fresh parsley.**

Ultimate Hummus – Roasted Red Pepper

Food Processor

Recipe Rating: 10.

Makes about 2 cups. This hummus is light and has a silky smoothness rather than the coarse, dense consistency so often found in commercial hummus.

In a taste-test, Cook's Illustrated recommends Joyva or Krinos tahini and Pastene chickpeas. The hummus can be refrigerated in an airtight container for **5 days**. If you do not plan to serve it immediately, refrigerate the hummus and garnishes separately. When ready to serve, stir in approximately ***1 tablespoon of warm water*** if the texture is too thick.

1/2 cup (100 g) raw chickpeas = 1 1/3 cups cooked (tested below).
1 1/2 cups cooked beans is equal to one 15-ounce can, 1 cup raw = 2 1/2 C cooked (Lorna Sass)
1 (15.5 oz) can Goya chickpeas = 1 3/4 cups (very soft)

THE EVENING BEFORE (TRADITIONAL SAUCEPAN METHOD ONLY)

1. **SOAK BEANS** (not for pressure cooker) in ***large bowl*** with ***1 quart water*** **overnight**.
DRAIN.

1/2 cup (3.5 oz, 100 g) dried chickpeas, picked over and rinsed (= 1 1/3 cups cooked and drained)
1 quart water, for soaking (2 quarts in all for saucepan method)

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COOKING THE BEANS

1. **SAUCEPAN METHOD:** Bring soaked beans, baking soda, and remaining quart water to boil in ***medium saucepan*** over **high heat**.
Reduce heat to low and simmer gently, stirring occasionally, until beans are tender, about **1 hour**.

The soaked beans
1/8 teaspoon baking soda
The remaining 1 quart water, to cook the beans

2. **RESERVING BEAN COOKING WATER;** drain the beans and cool. If necessary, spray with cold water to cool quickly.

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MAKING THE HUMMUS

1. **ROAST PEPPERS, IF USING.** (add instructions)
RESERVE JUICES.
PEEL OFF BLACKENED SKINS (do not use running water).

1 large red bell pepper, cut into large slabs (will need 3.2 oz, 90 g of roasted pepper meat)

2. **MELLOW THE GARLIC (Optional):** For a range of garlic flavors and just a bit of bite, boil one clove for **5 minutes.**
Add the second clove and continue to boil for **3 minutes.**
Add the third clove and boil for **1 minute**. Drain; remove skins.

3 small cloves unpeeled garlic

3. **PLACE** lemon juice in a ***small bowl or measuring cup.***
WHISK TOGETHER tahini and 2 tablespoons oil in second ***small bowl or measuring cup.***
SET ASIDE ***2 tablespoons chickpeas*** for garnish.

3 tablespoons juice from 1 to 2 lemons

6 tablespoons (3.2 oz, 90 g) tahini, stirred well (Joyva or Krinos)
2 tablespoons (1.0 oz, 28 g) extra-virgin olive oil, plus extra for drizzling

Reserve 2 tablespoons chickpeas for garnish (optional)

4. **WITH PROCESSOR RUNNING,** drop garlic through the feed tube.
ADD remaining chickpeas, red peppers, salt, cumin, and Aleppo or cayenne and process until almost fully ground, about **15 seconds**.
SCRAPE DOWN bowl with rubber spatula.

NOTE – if using canned chickpeas, microwave them for a minute and then cool to room temperature before processing. This produces a silkier texture.

The 3 poached garlic cloves (Orig: 1 sm clove, pressed, abt 1/2 t)
The remaining cooked chickpeas
3.2 oz, 90 g of the roasted red pepper flesh
3/4 teaspoon table salt (orig: 1/2 tsp) (1 tsp = a bit too much)
1/4 teaspoon ground cumin
1/4 teaspoon soy sauce or tamari
1/8 tsp lemon dust (Kruger)
1/8 teaspoon dark sesame oil
Grind white pepper (Kruger)
1/8 to 1/4 teaspoon Aleppo chile flakes (orig: Pinch cayenne)

5. **WITH MACHINE RUNNING,** add ***lemon juice*** in steady stream through feed tube.
SCRAPE DOWN bowl and continue to process for **1 minute**.
WITH MACHINE RUNNING, add ***oil-tahini*** mixture in a steady stream through feed tube; continue to process until hummus is smooth and creamy, about **15 seconds**, scraping down bowl as needed.

The lemon juice-water mixture

The oil-tahini mixture

6. **CHECK CONSISTENCY** of hummus. If needed, **by the tablespoon,** add juices from roasted pepper, and then bean cooking liquid if desired to achieve a creamy, light texture.

The juices from the roasted pepper
The reserved bean cooking liquid

7. **TRANSFER HUMMUS** to ***serving bowl***, sprinkle reserved chickpeas and cilantro or parsley over surface, cover with ***plastic wrap***, and let stand until flavors meld, at least **30 minutes**.
DRIZZLE with olive oil and serve.

The reserved 2 tablespoons chickpeas, for garnish
1 tablespoon minced fresh cilantro or parsley leaves, for garnish
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VARIATIONS:

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- **ROASTED RED PEPPER HUMMUS:** Omit the reserved bean cooking water. With the chickpeas, process **1/4 cup jarred roasted red peppers, rinsed and dried thoroughly with paper towels.** Garnish with **2 tablespoons toasted sliced almonds** and **2 teaspoons chopped fresh parsley.**

- RG note – I used 90g of Trader Joe's jarred roasted red peppers