

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

Basic Hummus Dip

This is ubiquitous throughout the Eastern Mediterranean region. After making this version, you will never use store-bought hummus again. There are as many variations and additions as there are kitchens in the region.

BY CHEF MARTY SLAVIN

Ingredients

1 lbs. small dry chickpeas
1 tbsp. plus ½ tsp. baking soda
1 cup raw top-quality tahini
2 cloves of crushed garlic
1 tbsp. lemon juice,
approximately the juice of 1
lemon
Salt to taste

Directions

Soak the chickpeas overnight in cold water with 1 tablespoon of baking soda. Drain and rinse the chickpeas and put them into a large pan and cover with water so that it is 1 inch above the chickpeas. Cook, covered over low heat, for 2–3 hours until chickpeas are soft and mashable. Cool slightly and drain. Save some of the cooking liquid. Put chickpeas in food processor with ⅔ cup of the tahini. Process until almost smooth. If too thick, add some of the cooking liquid one tablespoon at a time. Season with lemon juice, garlic and salt; taste and adjust seasoning. For a richer, smoother product, add the rest of the tahini. Refrigerate until served.

Tahini is traditionally served with pita bread. It can be topped with cooked chickpeas or fava beans, parsley, olive oil or any sort of topping. Red peppers can be blended into the product, but it is not a traditional way of making hummus, but very popular.