

Authentic Middle Eastern Hummus Chummus

Oscar · 28/09/2024



Prep Time

2 hrs 20 mins

Difficult

Medium

Servings

8

Description

Authentic chummus is very different and SO much tastier than its American counterpart This chummus is creamy and delicate in taste rather than overpowered with garlic or thick and pasty It is eaten warm fresh and as a whole meal spread out in a dish and drizzled with fresh olive oil It is scooped up with pita raw onion slices or just a fork Do NOT use canned chickpeas garbanzo beans

Ingredients

- - 3 cups dry garbanzo beans
- soaked overnight - 1 pinch baking soda (Optional) - $\frac{1}{2}$ cup extra-virgin olive oil - $\frac{3}{4}$ cup tahini paste - $\frac{1}{4}$ cup fresh lemon juice
- or more to taste - 1 large clove garlic
- minced
- or more to taste - 1 teaspoon ground cumin - salt to taste - 1 tablespoon extra virgin olive oil
- for drizzling

Instructions

1. Rinse the garbanzo beans and place in a pot. Fill with enough water to cover by at least 1 inch. Add baking soda
2. if using. Bring to a boil and then simmer over medium heat until the beans are very soft
3. 1 1/2 to 2 hours. Drain the beans
4. reserving some of the water to use later. Reserve a small handful of the whole beans for a garnish. Transfer the rest to a blender or if you have a hand blender
5. a large bowl. Blend the beans until smooth
6. adding 1/2 cup of olive oil gradually. Add some of the reserved water if needed to help it blend. Add the tahini and blend in along with the lemon juice. Blend in the garlic
7. cumin
8. and salt. Spread the hummus into a flat serving dish and garnish with the reserved beans and a drizzle of olive oil. Cook's Note Use freshly squeezed lemon juice for best results. Add more lemon juice or garlic incrementally to suit your taste. Add enough hot water when blending so that the chummus becomes a smooth
9. rather thick dip rather than a clumpy paste. For a fresher taste
10. use fresh
11. hot water to thin instead of the bean soaking liquid. Chummus has a tendency to thicken up as it cools and water can be added later if desired. This chummus freezes very well and tastes fresh when defrosted.