

Mora Family Hummus RECIPE

Ingredients:

½ lb	Dried chickpeas
½ teaspoon	Baking soda (optional)
4 oz	Tahini
4 oz	Fresh Lemon juice (about 2 lemons)
1 clove	Garlic, crushed or diced
½ to 1 teaspoon	Salt (to taste)
1 to 2 oz	Water as necessary
1 teaspoon	Grated lemon rind (optional)

A. Boiling the chickpeas

1. Soak dry chickpeas in a pot overnight covered fully with cold water (about 10 hours)
2. When ready to boil the chickpeas, drain the water completely, add fresh cold water till fully covered. Add ½ teaspoon of baking soda (optional). Cover the pot and boil at high temperature first until the water boils. Then reduce the heat and keep boiling for about one hour until the chickpeas becomes soft. In the process remove any froth that develops on the top. Watch for the water not to spill over the top of the pot by slightly opening the cover.

B. Preparing the mix:

1. Transfer the boiled soft chickpeas with some of its water (about 1 to 2 oz) to a food processor or a blender.
2. Before squeezing the lemon, grate one lemon to obtain about 1 teaspoon of fine lemon rind.
3. Add Tahini (4 oz), fresh lemon juice (4 oz), crushed garlic clove, salt, 1 teaspoon of lemon rind to the chickpeas in the food processor.
4. Run the food processor for a few minutes to get a smooth creamy paste. Add more water if needed to obtain a smooth creamy mixture.
5. Transfer the mixed paste to a serving bowl. Add some extra virgin olive oil on top and if desired sprinkle lightly cayenne pepper.
6. Enjoy.

NB:

1. For a quick method, you can use canned chickpeas instead of the dried ones eliminating step A. However it is advised to rinse well the canned chickpeas, and replace the canned water with fresh cold water and then boil in a pot for a few minutes only. The taste is much better if you use dried chickpeas.
2. Baking soda speeds up the softening of the chickpeas, but can be omitted to avoid the extra sodium.
3. The lemon rind greatly enhances the taste.
4. Recommend high quality tahini to enhance the taste.