

How To Make Hummus From Scratch

Yield: about 1 1/3 cups

1 (15-ounce) can chickpeas (do not drain), or about 2 cups drained, cooked chickpeas
3 tablespoons extra-virgin olive oil
3 tablespoons tahini
1 1/2 tablespoons freshly squeezed lemon juice (from 1/2 lemon), plus more as needed
1 small clove garlic, coarsely chopped
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
Serving options: pita wedges, pita chips, raw sliced vegetables

Drain and rinse the chickpeas. Drain the chickpeas into a strainer, reserving the liquid from the can. If time and patience allow, pinch the skins from each of the chickpeas; this will make your hummus smoother.

Combine all ingredients in the food processor. Combine the chickpeas, olive oil, tahini, lemon juice, garlic, salt, and pepper in the bowl of the food processor fitted with the blade attachment or blender.

Blend hummus until smooth, at least 5 minutes. Process the hummus continuously until it becomes very smooth, about 5 minutes. Scrape down the sides of the bowl as needed to integrate any large chunks.

Taste and adjust seasonings. Taste and add more of any of the ingredients to taste. If your hummus is stiffer than you'd like, blend 2 to 3 tablespoons of the reserved chickpea liquid to thin it out and make the hummus creamier.

Transfer to a bowl and serve. Scrape the hummus into a bowl and serve with pita chips or raw vegetables.

Note:

Using dried chickpeas: For even tastier and more authentic hummus, try cooking your own dried chickpeas from scratch.

Hummus variations • Add 1 to 3 teaspoons of spices for more flavor, like cumin, sumac, harissa, or smoked paprika. • Drizzle a little pomegranate molasses or sprinkle a pinch of sumac on top.

• For a roasted vegetable hummus, blend in 1 cup of roasted vegetables such as eggplant, zucchini, bell peppers, or garlic. • For an olive hummus, fold in 3/4 cup of chopped green or black olives. • For a nutty hummus, blend in some lightly toasted walnuts, almonds, or pine nuts. • For a more lemony hummus, add 1/4 cup of chopped preserved lemons.

Storage: Hummus will also keep for up to 1 week in a sealed container in the refrigerator.

Source: Kitchn