

Hummus Hakosem

cooked chickpeas for hummus

1. Place the chickpeas in a bowl, add water to cover by at least 2 inches (5 centimeters) and place in the refrigerator for at least 24 hours. The maximum time for soaking chickpeas shouldn't exceed 48 hours.
2. Drain and rinse the soaked chickpeas thoroughly.
3. Transfer the chickpeas to a deep, large saucepan. Add water to cover by at least 2 inches (5 centimeters), add the baking soda and bring to a boil. Reduce heat to low and simmer until the chickpeas are soft, the skins are split, and the cooking liquid is thick and gelatinous, 1 to 1¼ hours. Make sure that the water is at a steady simmer and the chickpeas are in constant motion. Use a spoon to occasionally skim the foam floating to the surface.
4. If using whole chickpeas as garnish, use a slotted spoon to set aside 1 cup of chickpeas when they are soft, but before they lose their shape.
5. Let cool. Place the cooked chickpeas in an airtight container and cover with their cooking liquid. Cover and keep refrigerated until ready to use, 2 to 3 days.

Hummus Hakosem

1 1/4 cups (300 grams) chilled Cooked Chickpeas for Hummus

½ cup (120 milliliters) chilled chickpea cooking liquid

1¼ teaspoons citric acid (see Note)

1¼ teaspoons salt

2 cups (480 grams) raw tahini

1 cup (240 milliliters) cold water

1. Place the chickpeas, cooking liquid, citric acid, and salt in a food processor and process until smooth, about 3 minutes.
2. Add 1 cup (240 grams) of the tahini and ½ cup (120 milliliters) of the cold water and process for 2 minutes more.
3. Add the remaining 1 cup (240 grams) tahini and the remaining ½ cup (120 milliliters) water, and process for 2 to 3 minutes. Taste and adjust seasoning with salt and citric acid, if needed. The hummus should be slightly thin and runny.
4. Transfer the hummus to an airtight container and refrigerate for 6 to 10 hours. During this time, the hummus will stabilize, develop a creamy texture, and its flavor will deepen.
5. The hummus will keep in an airtight container refrigerated for 2 to 3 days.

Note: Citric acid is used by many hummus makers instead of lemon juice. It offers consistent acidity and flavor, unlike lemon juice, which can be volatile and turn bitter in your hummus. Hummus is a perfect food. It incorporates legumes (chickpeas), fat (tahini), and grain (in the form of pita), making it an ideal vehicle for consuming protein. It also happens to be a delicious and nourishing food, with a luscious texture and dreamy flavor that dazzles the senses. When making the hummus, be sure to follow the recipe to a tee. Using chilled chickpeas and chickpea cooking liquid is especially important, as it will produce a thick and creamy spread. Recipe by Ariel Rosenthal