

# How to Make Hummus



## TIPS:

1. **What is Hummus?** "Hummus" is the Arabic word for chickpeas, or garbanzo beans, and is a richly flavorful and robustly nutritious Middle Eastern food dip or spread made from ground chickpeas, tahini (sesame seed paste), lemon juice, olive oil, fresh cilantro,

ground cumin (optional but adds depth of flavor), and ground black pepper.

**2. Varying Flavor:** You'll see in this recipe that in addition to substituting sesame seed oil for olive oil, I also use a teaspoon of ground cumin and a shot of rice wine vinegar. Those three ingredients are optional examples of ingredients that can be used to enhance or vary the flavor of this now very popular snack, appetizer, or full meal complement. Other possible ingredients include roasted red peppers, sun dried tomatoes, hot sauce or jalapeños, and much more. As always, imagination and taste are your only limits.

**Preparation Time:** 20-25 minutes

## Ingredients

**2 15-Ounce Cans of Garbanzo Beans or Chickpeas** (preferably low-salt)

**4-5 Garlic Cloves**

**2 Tablespoons Tahini** (or more to taste)

**1 Lemon** (can be substituted with 1 lime)

**Handful of Fresh Cilantro**

**Olive Oil** (I'm substituting olive oil with sesame seed oil here)

**Ground Black Pepper**

**Optional Added Ingredient(s)** (I'm using ground cumin as a complement to cilantro and rice wine vinegar for added sweet and sour flavor)





## Equipment

Food Processor with an "S"-Shaped  
Processor Knife Blade  
Cutting Board  
Can Opener  
Citrus Juicer  
Large Sharp (Chef's) Knife  
Tablespoon  
Teaspoon  
Spatula  
Bowl



1. Put the "S"-shaped knife blade onto the spindle in the food processor bowl, and make sure both the bowl and blade are snugly seated in place.

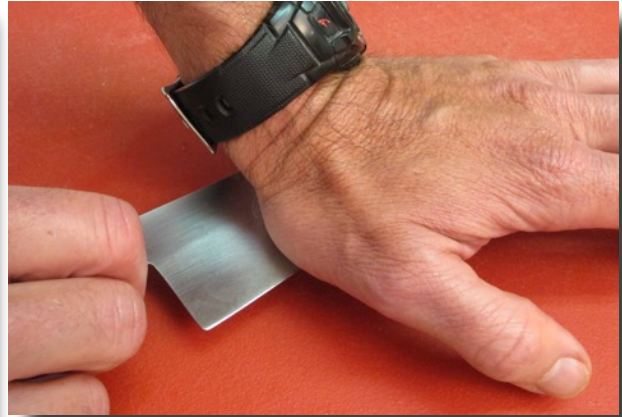


2. Pull **4-5 garlic cloves** from a **garlic bulb**.



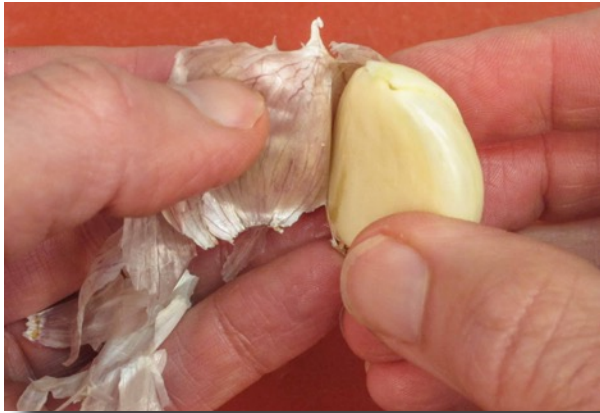
Put the **garlic cloves** on the cutting board and cover them, one **garlic clove** a time, with the flat side of a wide bladed

(chef's) knife. Press on the top flat side of the knife with the heel of your hand until you hear and feel the **garlic skins** pop open.



Peel the **skin** from the **garlic cloves**, and put the **garlic cloves** in the food processor.





3. Give the **top of the garbanzo bean cans** a quick clean under running water as shown below left. Open both cans with a can opener making sure to keep the can top partially attached to the cans as shown with the yellow arrow in the photo the right below to make opening the cans and draining the **liquid** from one of those cans as easy as possible.



Drain the **liquid** from one of the bean cans, and lift the top of the cans using a teaspoon, not your fingers.



Pour the **garbanzo beans** from both the **drained can** and the **can still full with liquid** into the food processor.





4. Add 2 tablespoons of tahini and 1 full teaspoon of ground cumin (optional).



5. Cut a lemon (or lime) in half and squeeze the juice of both halves into the food processor.



6. Tear a **handful of cilantro** from a **cilantro bunch**. Then...



...rinse and add it to the **ingredients** in the food processor.



7. Add a **good crunch of ground black pepper** and a **shot of olive oil** (I'm substituting **olive oil** with **sesame seed oil**) and an **optional shot of rice wine vinegar**.





8. Snap the food processor bowl top in place, turn on the processor, and...





...let the processor work until the **ingredients** become well mixed together about as shown below.



Turn off the processor, remove the top,...



...taste the **hummus**,...



...and make any adjustments needed to suit your specific taste. (I added **another shot of rice vinegar**, some **more tahini**, and an **additional shake of ground cumin**.)



Snap the bowl top back on,...



...turn the power on again, and keep processing until any **additional ingredients** you might have added are well mixed in with the **hummus**.





9. Use a spatula to scrape the "S" knife blade clean and then scoop the **hummus** into a bowl.



10. **Processor cleaning tips:** First, pour warm water and good shot of dish soap into the processor bowl in the sink.



Use a dish brush to clean the spatula and bowl top.



Use a dish brush to clean the outside of the "S" knife blade and a toothbrush (or very narrow bottlebrush) to clean the hard-to-reach inside of the blade assembly.



Finish by cleaning the bowl with a dish sponge and then letting all the cleaned processor pieces air dry dry in a dish rack.



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