

DAVID LEBOVITZ

Hummus

About six to eight servings

Because jars (and cans) of chickpeas vary around the world, I gave measurements in cups and drained weight. If your jar has a little more or a little less chickpeas in it, feel free to add a little more (or less) of the other ingredients. This recipe is also more about a technique than a precise adherence to the quantities, so feel free to adjust. I like to set aside a few whole chickpeas to use as a garnish

If you want to use dried chickpeas, cook them very well. Dried chickpeas double in volume when cooked, so you can use that as a guideline when wondering what quantity to cook.

There are a variety of ways and ingredients to top hummus for serving: seeds, nuts, olive oil, Everything Bagel mix, za'atar, roasted vegetables (such as eggplant, carrots, brussels sprouts, winter squash), smoked paprika, sumac, pomegranate seeds, or additional chickpeas are all fair game, along with a generous drizzle of fruity olive oil.

2 1/2 cups (500g, drained weight) jarred chickpeas (plus their liquid, for cooking)

3/4 cup (200g) good-quality tahini, well-stirred before measuring

1 to 1 1/2 teaspoons kosher or flaky sea salt

4 medium garlic cloves, peeled and thinly sliced

1/4 cup (60ml) freshly squeezed lemon juice

Ice cubes and water

1. Put the chickpeas and their liquid in a medium saucepan. Add a little water if necessary to make sure they're completely submerged. Cook over medium heat, at a low boil until the chickpeas practically disintegrate when you smooch one with your fingers. There should be no firmness when you press one.

Optional: Once cooked, if a lot of chickpea skins have floated to the top of the liquid when cooking, give the chickpeas a brisk stir to loosen any other skins, then skim them off and discard them. You can also remove them in the next step if you want your hummus especially smooth.

2. Drain the chickpeas, reserving 1 tablespoon of the liquid. Add the warm chickpeas to the bowl of a food processor along with the tablespoon of cooking liquid, the tahini, and 1 teaspoon of salt. Process the chickpeas and tahini until the mixture is a stiff, relatively smooth paste. Stop the food processor midway and scrape down the sides of the work bowl to make sure everything is getting incorporated.
3. Add the garlic and lemon juice, and continue to process until the mixture is very smooth. Once again, stop the processor and scrape down the sides of the bowl midway through.
4. Put two ice cubes in a measuring cup and fill the cup until the water reaches the 1/2-cup (120ml) mark. With the food processor running, drop the two ice cubes into the feed tube of the food processor, then add the ice water in a slow, steady stream. Continue to process for a few minutes, until the ice cubes are completely melted and the mixture is as smooth as possible. Taste, and add the remaining 1/2 teaspoon of salt if desired. Scrape into a bowl, cover, and let rest for an hour.

Storage: Store the hummus in the refrigerator if not eating it soon after making it. Let it come to room temperature before serving. Hummus will last 2-3 days in the refrigerator.
