

simplified israeli-style hummus



5 from 4 reviews

Total Time: 20 mins Yield: 6



This easy recipe will give you fluffy-light, smooth hummus. This hummus can be used as a spread or dip. For a dip, garnish with high-quality extra virgin olive oil, fresh parsley and a sprinkle of paprika.

INGREDIENTS

SCALE

- 1, 15 ounce can garbanzo beans
- 2 teaspoons baking soda
- 1 garlic clove
- 1 lemon, juiced
- 3/4 teaspoon fine salt
- 1/4 cup runny tahini
- 1/4 cup ice water (1 tablespoon at a time)
- For serving: Drizzle of good quality extra virgin olive oil, sprinkle of paprika and freshly chopped Italian flat-leaf parsley

INSTRUCTIONS

1. Open the can of chickpeas and do not drain. Instead, pour the entire can of chickpeas into a pot. Add 2 cups of water to the pot and bring to a rolling boil. Reduce heat to medium and add 1 **teaspoon** of baking soda. Stir well and allow to bubble. You can skim off the foam if needed but I usually just reduce the heat slightly and stir in order to manage the foam. You want this reaction to happen as this is what removes the skin from the chickpeas and helps to soften them. Once the foam disappears, repeat the process with the other **teaspoon** of baking soda (meaning bring the mixture back to a boil, add 1 **teaspoon** of baking soda and stir allowing it to foam). Cook the chickpeas for a total of 10 minutes. The longer you cook the chickpeas the better as you want them overcooked.
2. Rinse and drain the cooked chickpeas under cold water and set aside.

3. In a food processor, combine the garlic, lemon juice and salt. Process for one minute. Add the tahini and process for another minute. Drizzle in 1-2 tablespoons of the ice water as it processes the tahini.
4. Add in the cooked (and fully rinsed) chickpeas. Process for 4-5 minutes. Check the hummus and if it is too thick drizzle in the remaining ice water.
5. Taste and adjust as needed adding more lemon juice for brightness, tahini for richness, salt for saltiness or ice water to thin it out more. You may need to scrape down the sides and process another couple seconds at the end to ensure everything is well incorporated.
6. Transfer the hummus to a large flat bowl or deep plate. Using the back of a spoon make a "well" in the center. Drizzle high quality extra virgin olive oil in the center. Sprinkle with paprika and chopped fresh Italian flat leaf parsley. Serve as a dip with falafel, raw veggies, roasted veggies, chips, crackers or pita bread. Or, use as a spread on a sandwich. Store leftovers in an **airtight container** in the refrigerator for up to five days.

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