



Twin Cantors Cook-a-Long Recipes

(recipes)



Ingredients

- 1 cup dried chickpeas
- 2 teaspoons baking soda, divided
- 4 garlic cloves, unpeeled
- 1/3 cup (or more) fresh lemon juice
- 1 teaspoon kosher salt, plus more
- 2/3 cup excellent quality tahini (a.k.a. tehina—Chef Michael Solomonov loves Soom Foods, available on Amazon)
- 1/4 teaspoon (or more) ground cumin
- 1 splash Olive oil, for serving
- 1 handful Chopped parsley and paprika, for serving (optional)

*Recipe adapted from
“Zahav: A World of Israeli Cooking” by
Michael Solomonov and Steven Cook
(Houghton Mifflin Harcourt).*

Zahav Humas

Directions

- Place the chickpeas in a large bowl with 1 teaspoon of the baking soda and cover with plenty of water. (The chickpeas will double in volume, so use more water than you think you need.) Soak the chickpeas overnight at room temperature. The next day, drain the chickpeas and rinse under cold water.
 - Place the chickpeas in a large pot with the remaining 1 teaspoon baking soda and add cold water to cover by at least 4 inches. Bring the chickpeas to a boil over high heat, skimming off any scum that rises to the surface. Lower the heat to medium, cover the pot, and continue to simmer for about 1 hour, until the chickpeas are completely tender. Then simmer them a little more. (The secret to creamy hummus is overcooked chickpeas; don't worry if they are mushy and falling apart a little.) Drain.
 - Meanwhile, process garlic, lemon juice, and 1 teaspoon salt in a food processor until coarsely puréed; let sit 10 minutes to allow garlic to mellow.
 - Strain garlic mixture through a fine-mesh sieve into a small bowl, pressing on solids to release as much liquid as possible. Return liquid to food processor; discard solids. Add tahini and pulse to combine. With motor running, add 1/4 cup ice water by the tablespoonful and process (it may seize up at first) until mixture is very smooth, pale, and thick. Add chickpeas and cumin and puree for several minutes, until the hummus is smooth and uber-creamy. Then purée it some more! Taste and adjust the seasoning with salt, lemon juice, and cumin if you like.
 - To serve, spread the hummus in a shallow bowl, dust with paprika, top with parsley and more tehina sauce if you have any left, and drizzle generously with oil.
-
-
-