

Ultimate Hummus

Food Processor

Recipe Rating: 10.
Makes about 2 cups. This hummus is light and has a silky smoothness rather than the coarse, dense consistency so often found in commercial hummus.
In a taste-test, Cook's Illustrated recommends Joyva or Krinos tahini and Pastene chickpeas. The hummus can be refrigerated in an airtight container for **5 days**. If you do not plan to serve it immediately, refrigerate the hummus and garnishes separately. When ready to serve, stir in approximately **1 tablespoon of warm water** if the texture is too thick.
1/2 cup (100 g) raw chickpeas = 1 1/3 cups cooked (tested below).
1 1/2 cups cooked beans is equal to one 15-ounce can, 1 cup raw = 2 1/2 C cooked (Lorna Sass)
1 (15.5 oz) can Goya chickpeas = 1 3/4 cups (very soft)



THE EVENING BEFORE (TRADITIONAL SAUCEPAN METHOD ONLY)

1. **SOAK BEANS** (not for pressure cooker) in **large bowl** with **1 quart water overnight**.
DRAIN.

1/2 cup (3.5 oz, 100 g) dried chickpeas, picked over and rinsed (= 1 1/3 cups cooked and drained)
1 quart water, for soaking (2 quarts in all for saucepan method)

COOKING THE BEANS

1. **SAUCEPAN METHOD:** Bring soaked beans, baking soda, and remaining quart water to boil in **medium saucepan** over **high heat**.
Reduce heat to low and simmer gently, stirring occasionally, until beans are tender, about **1 hour**.

The soaked beans
1/8 teaspoon baking soda
The remaining 1 quart water, to cook the beans

2. **RESERVING BEAN COOKING WATER;** drain the beans and cool. If necessary, spray with cold water to cool quickly.

MAKING THE HUMMUS

1. **ROAST PEPPERS, IF USING.**
2. **MELLOW THE GARLIC (Optional):** For a range of garlic flavors and just a bit of bite, boil one clove for **5 minutes**.
Add the second clove and continue to boil for **3 minutes**.
Add the third clove and boil for **1 minute**. Drain; remove skins.
3. **COMBINE** lemon juice and the reserved cooking water in a **small bowl or measuring cup**.
WHISK TOGETHER tahini and 2 tablespoons oil in second **small bowl or measuring cup**.
SET ASIDE 2 tablespoons chickpeas for garnish.

3 small cloves unpeeled garlic

3 tablespoons juice from 1 to 2 lemons
1/4 cup water

6 tablespoons (3.2 oz, 90 g) tahini, stirred well (Joyva or Krinos)
2 tablespoons (1.0 oz, 28 g) extra-virgin olive oil, plus extra for drizzling

Reserve 2 tablespoons chickpeas for garnish (optional)

4. **WITH PROCESSOR RUNNING**, drop garlic through the feed tube.
ADD remaining chickpeas, salt, cumin, soy sauce, lemon dust, sesame oil, white pepper, and Aleppo or cayenne and process until almost fully ground, about **15 seconds**.
SCRAPE DOWN bowl with rubber spatula.

The 3 poached garlic cloves (Orig: 1 sm clove, pressed, abt 1/2 t)
The remaining cooked chickpeas
3/4 teaspoon table salt (orig: 1/2 tsp) (1 tsp = a bit too much)
1/4 teaspoon ground cumin
1/4 teaspoon soy sauce or tamari
1/8 tsp lemon dust (Kruger)
1/8 teaspoon dark sesame oil
Grind white pepper (Kruger)
1/8 to 1/4 teaspoon Aleppo chile flakes (orig: Pinch cayenne)

NOTE – if using canned chickpeas, microwave them for a minute and then cool to room temperature before processing. This produces a silkier texture.

5. **WITH MACHINE RUNNING**, add **lemon juice-water mixture** in steady stream through feed tube.
SCRAPE DOWN bowl and continue to process for **1 minute**.
WITH MACHINE RUNNING, add **oil-tahini** mixture in a steady stream through feed tube; continue to process until hummus is smooth and creamy, about **15 seconds**, scraping down bowl as needed.

The lemon juice-water mixture

The oil-tahini mixture

6. **CHECK CONSISTENCY** of hummus. If needed, **by the table-spoon**, add juices from bean cooking liquid if desired to achieve a creamy, light texture.

The reserved bean cooking liquid

7. **TRANSFER HUMMUS** to **serving bowl**, sprinkle reserved chickpeas and cilantro or parsley over surface, cover with **plastic wrap**, and let stand until flavors meld, at least **30 minutes**.
DRIZZLE with olive oil and serve.

*The reserved 2 tablespoons chickpeas, for garnish
1 tablespoon minced fresh cilantro or parsley leaves, for garnish
Sprinkle with [Zatar](#) (zataar, zahtar) or cayenne
A drizzle of good olive oil (Morea)
See garnishes for individual variations below*

MENU IDEAS.

On bagels, stuffed into pita with chopped tomatoes, cucumbers, and shredded lettuce, dip for bagel chips, Triskets, crispy pita wedges, dip for crudités

VARIATIONS:

- **SMOKED PAPRIKA HUMMUS:** Add **1 teaspoon smoked paprika** to the processor with the cooked beans and salt. Garnish with **1 tablespoon thinly sliced scallion greens** and **2 tablespoons toasted pine nuts**.
- **ROASTED RED PEPPER HUMMUS:** Omit the reserved bean cooking water. With the chickpeas, process **1/4 cup jarred roasted red peppers, rinsed and dried thoroughly with paper towels**. Garnish with **2 tablespoons toasted sliced almonds** and **2 teaspoons chopped fresh parsley**.

Ultimate Hummus – Roasted Red Pepper

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1 quart water, for soaking (2 quarts in all for saucepan method)

COOKING THE BEANS

1. **SAUCEPAN METHOD:** Bring soaked beans, baking soda, and remaining quart water to boil in **medium saucepan** over **high heat**.

Reduce heat to low and simmer gently, stirring occasionally, until beans are tender, about **1 hour**.

The soaked beans
1/8 teaspoon baking soda
The remaining 1 quart water, to cook the beans

2. **RESERVING BEAN COOKING WATER;** drain the beans and cool. If necessary, spray with cold water to cool quickly.

MAKING THE HUMMUS

1. **ROAST PEPPERS, IF USING.** (add instructions)
RESERVE JUICES.
PEEL OFF BLACKENED SKINS (do not use running water).

1 large red bell pepper, cut into large slabs (will need 3.2 oz, 90 g of roasted pepper meat)

2. **MELLOW THE GARLIC (Optional):** For a range of garlic flavors and just a bit of bite, boil one clove for **5 minutes**.
Add the second clove and continue to boil for **3 minutes**.
Add the third clove and boil for **1 minute**. Drain; remove skins.

3 small cloves unpeeled garlic

3. **PLACE** lemon juice in a **small bowl or measuring cup**.
WHISK TOGETHER tahini and 2 tablespoons oil in second **small bowl or measuring cup**.
SET ASIDE 2 tablespoons chickpeas for garnish.

3 tablespoons juice from 1 to 2 lemons

6 tablespoons (3.2 oz, 90 g) tahini, stirred well (Joyva or Krinos)
2 tablespoons (1.0 oz, 28 g) extra-virgin olive oil, plus extra for drizzling

Reserve 2 tablespoons chickpeas for garnish (optional)

4. **WITH PROCESSOR RUNNING**, drop garlic through the feed tube.
ADD remaining chickpeas, salt, cumin, soy sauce, lemon dust, sesame oil, white pepper, and Aleppo or cayenne and process until almost fully ground, about **15 seconds**.
SCRAPE DOWN bowl with rubber spatula.

The 3 poached garlic cloves (Orig: 1 sm clove, pressed, abt 1/2 t)
The remaining cooked chickpeas
3.2 oz, 90 g of the roasted red pepper flesh
3/4 teaspoon table salt (orig: 1/2 tsp) (1 tsp = a bit too much)
1/4 teaspoon ground cumin
1/4 teaspoon soy sauce or tamari
1/8 tsp lemon dust (Kruger)
1/8 teaspoon dark sesame oil
Grind white pepper (Kruger)
1/8 to 1/4 teaspoon Aleppo chile flakes (orig: Pinch cayenne)

NOTE – if using canned chickpeas, microwave them for a minute and then cool to room temperature before processing. This produces a silkier texture.

5. **WITH MACHINE RUNNING**, add **lemon juice** in steady stream through feed tube.
SCRAPE DOWN bowl and continue to process for **1 minute**.
WITH MACHINE RUNNING, add **oil-tahini** mixture in a steady stream through feed tube; continue to process until hummus is smooth and creamy, about **15 seconds**, scraping down bowl as needed.

The lemon juice-water mixture

The oil-tahini mixture

6. **CHECK CONSISTENCY** of hummus. If needed, by the table-spoon, add juices from roasted pepper, and then bean cooking liquid if desired to achieve a creamy, light texture.

*The juices from the roasted pepper
The reserved bean cooking liquid*

7. **TRANSFER HUMMUS** to *serving bowl*, sprinkle reserved chickpeas and cilantro or parsley over surface, cover with *plastic wrap*, and let stand until flavors meld, at least 30 minutes.

DRIZZLE with olive oil and serve.

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- RG note – I used 90g of Trader Joe's jarred roasted red peppers