

CULINARY DISCOVERY PAVILION

Sponsored by

MidwestLiving

SYRIAN HUMMUS

Annie Probst, Midwest Living, Syria

INGREDIENTS

- 1 15.5 ounce can garbanzo beans (chickpeas), drained
- ¼ cup cold water
- 1 - 2 large ice cubes
- 1 clove garlic
- 1 - 2 tablespoons fresh lemon juice
- ½ teaspoon salt
- ½ cup tahini (sesame seed paste) plus 1 to 2 tablespoons more, if needed
- ½ teaspoon paprika
- ½ teaspoon ground cumin
- 2 tablespoons olive oil
- Fresh mint (optional)
- Dippers, such as pita bread, carrots, tomatoes, peppers and/or celery

INSTRUCTIONS

In a food processor, combine chickpeas, the cold water, 1 ice cube and the garlic. Process 2 minutes. Add lemon juice and salt; process 2 minutes more. With processor running, slowly pour in tahini. Stop and stir with a spoon to check the consistency. It should be very smooth and creamy. If it is lumpy or grainy, process for a minute or two longer. If it is smooth but too runny for your liking, add 1 to 2 tablespoons more tahini and process 1 minute more. If it is too thick, add 1 more ice cube and process 1 minute more.

Spread hummus on a serving platter. Sprinkle with paprika and cumin. Drizzle with olive oil and, if desired, garnish with fresh mint. Serve with desired dippers. Hummus can be covered and refrigerated up to 1 week.



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