

Israeli Hummus

Ingredients

15 oz Garbanzo Beans
2 c Water
2 t Baking Soda
3 clv Garlic
1 Lemon (juiced)
3/4 t Salt
1/4 c Tahini
1/4 c Ice Water
1 T Olive Oil
1/8 t Smoked Paprika
2 T Parsley (chopped)

Instructions

1. Pour the entire can of chickpeas into a medium pot. Add 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. Reduce the heat slightly and stir in order to manage the foam.

2. Once the foam disappears, repeat the process with the other teaspoon of baking soda. 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. Rinse and drain the cooked chickpeas under cold water and set aside.

2. In a food processor, combine the garlic, lemon juice and salt. Process for one minute. Add the

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tahini and process for another minute. Drizzle in 2 tablespoons of the ice water as it processes the tahini.

3. Add in the drained chickpeas. Process for 5 minutes. Check the hummus and if it is too thick drizzle in the remaining ice water. 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.
4. Scrape down the sides and process another couple seconds at the end to ensure everything is well incorporated. Transfer the hummus to a large flat bowl.
5. 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

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parsley.

6. 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 5 days.