

Setting Up For Success

Tags: Chickpeas, Hummus
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Ingredients

- 2 14-ounce cans of chickpeas, drained (with 1/8 cup of the liquid reserved)
- 1/2 cup tahini
- 1/4 cup fresh lemon juice
- 1/4 cup olive oil
- 2-3 cloves garlic
- 1 teaspoon kosher salt
- 1 teaspoon cayenne

Instructions

First things first, buy a food processor if you don't have one.

Second, drain your chickpeas while reserving some of the stinky jus de chickpea for later. Smash up a couple cloves of garlic and toss those in your Cuisinart fitted with the most dangerous blade along with all of the remaining ingredients except the olive oil and chickpea fluid.

Commence cuising (new verb alert: "to cuise" – (v.t.) to implement a food processor to chop, dice, pulverize or otherwise maim whole food into submission).

I generally let the thing go for about 4-5 minutes. Early on in the cuising, drizzle in the olive oil and chickpea liquid and let all of it combine until super smooth and delicious. You'll know when. Use your hummus instincts – you were born with them. The hummus is good now, but even better after a few hours in the fridge and over the course of the next week.

Healthier people than us serve this with cucumbers, red peppers or other veggies for dipping. We tend to turn to Stacy, creator of the finest pita chips money can buy (at Publix), for our hummus delivery devices. Sometimes the Neanderthal husband just goes in with his fingers. It's upsetting. Enjoy that mental image and your hummus!