

Hummus

Adapted from Mark Bittman's Hummus recipe

(<http://www.epicurious.com/recipes/food/views/hummus-237832>)

2 C. well-drained, cooked or canned chickpeas (reserve some of the liquid)
1/2 C. tahini (sesame paste, available in the international or organic section of the grocery store, optional but yummy!)
1/4 C olive oil
2 cloves of garlic (or to taste), peeled and chopped-- I use ~2 tsp. of the pre-chopped stuff you get in a jar.
Salt and Pepper to taste (fresh ground if you can)
1 Tbsp. ground cumin or paprika or chili powder
Juice of 1 lemon (about 1/4 C.) plus additional as needed to taste
1 tsp. toasted sesame oil (optional and available in the International section of the grocery store or at Indian and Asian specialty markets)
2-3 tsp. chili oil (the kind in the Asian/Indian/International section of the grocery store).
1 Tbsp. Ground dried ginger
1 tsp. ground coriander seed (optional)
Chopped Cilantro to taste (optional)

Put everything into a food processor* and begin to process. Add chickpea liquid or water slowly. Allow the mixture to become a smooth paste. You can add more olive oil or lemon juice instead of or in addition to the chickpea liquid or water if you desire.

*If you don't have a food processor, you can use a blender or electric mixer. Barring that, you can smash them by hand and use a whisk to whip the ingredients together once the chickpeas are mashed thoroughly.

Now the fun part, while you are processing the mixture, taste and adjust as necessary.

Serve immediately or transfer into a covered bowl and chill. (It is much better if it sits over night!)

Serve with veggie tray, carrot chips (the crinkle cut carrots in the produce dept.), root veggie chips, sweet potato chips or Crunchy Hummus Bread.