

Lebanese Taverna Hommos

INGREDIENTS:

2 C Chickpeas, Cooked
3 Cloves garlic, Peeled and Crushed
1/3 C Fresh Squeezed Lemon Juice
Olive Oil, Paprika & Parsley for garnish

1 C Tahini
1 tsp Baking Soda
1/3 C Water
2 Tsp Salt

PREPARATION:

THE NIGHT BEFORE...Soak 1 cup dried chickpeas in three times their volume of water overnight with one teaspoon baking soda. This will soften the skins and thus help reduce the cooking time.

1.Rinse chickpeas under cold water, put them in a saucepan, cover with cold water and add 1/2 teaspoon of baking soda.

2.Bring to a full boil and then simmer for about 1/2 hour or until tender. Stir occasionally and remove excess foam from top. It's very important to let peas cool before using.

3.Put them in a blender or food processor, reserving a few whole chickpeas for the garnish. Process chickpeas, tahini, salt and garlic cloves until very smooth and light in color.

4.Add in the lemon juice while blending. Add water alternating with the lemon juice to achieve the right consistency. It's difficult to give exact amount of lemon juice as sizes and tastes vary, so we suggest you add it gradually to your taste.

TIP: If the puree is too thick use a little water to thin. The puree should be soft and creamy but not runny.



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