

## Hummus Wars!

You don't need a satellite dish filled with 23,042 pounds of hummus you say? Well, on January 8, 2010, in the Arab Israeli village of Abu Gosh near Jerusalem a giant satellite dish full of hummus, weighing over 4 tons was served breaking the previous record set by Lebanon just months earlier.

Everyone has an opinion about Hummus! Although most people agree that it originated with Egyptian Arabs, even that is still a point of contention. What is indisputably true is that the rich creamy taste of hummus is delicious and can come with a huge variety of additions.

This hummus is smooth and rich with tehina.

### [Apply for an Israel Grant for supplies for this class!](#)

(We can support 25 participants at \$10/person. The grant can be used to purchase virtual grocery gift cards for participants).

### What will you need?

- 1 1/4 cups dried chickpeas
- 1 teaspoon baking soda
- 6 1/2 cups water
- 1 cup plus 2 tablespoons light tahini paste
- 4 tablespoons freshly squeezed lemon juice
- 4 cloves garlic, crushed
- 6 1/2 tablespoons ice cold water
- Salt



## Are we ready? Let's Cook!

1) The night before, put the chickpeas in a large bowl and cover them with cold water at least twice their volume. Leave to soak overnight.

2) The next day, drain the chickpeas. Place a medium saucepan over high heat and add the drained chickpeas and baking soda. Cook for about three minutes, stirring constantly. Add the water and bring to a boil. Cook, skimming off any foam and any skins that float to the surface. The chickpeas will need to cook for 20 to 40 minutes, depending on the type and freshness, sometimes even longer. Once done, they should be very tender, breaking up easily when pressed between your thumb and finger, almost but not quite mushy.

3) Drain the chickpeas. You should have roughly 3 2/3 cups now. Place the chickpeas in a food processor and process until you get a stiff paste. Then, with the machine still running, add the tahini paste, lemon juice, garlic, and 1 1/2 teaspoons salt. Finally, slowly drizzle in the ice water and allow it to mix for about five minutes, until you get a very smooth and creamy paste.

(Adapted from “Jerusalem: A cookbook” by Yotam Ottolenghi and Sami Tamimi)



## בתאבון !