

Hummus Bi Tahini

Contributed by Master Gardener Carol Hatfield

4 cups (about 2 ½ cans) garbanzos, drained
½ cup tahini (sesame paste)
1/3 cup warm water
1/3 cup best quality olive oil
juice of 2 or 3 lemons
4 or more garlic cloves
1 ½ tsp salt
2 tsp ground cumin seed
freshly ground black pepper, to taste

Combine chickpeas, tahini, warm water, olive oil and juice of 1 lemon in the bowl of a food processor, fitted with a steel blade. Process until smooth and creamy, pausing once or twice to scrape down sides of the bowl with a spatula.

Add garlic, salt, cumin seed and pepper to taste, and process to blend. Taste and correct seasoning if necessary. Add more lemon juice to taste. Scrape into a storage container, cover and refrigerate until ready to use.

This can be used as an appetizer spread for pita wedges, crackers, or raw vegetables as well as a sandwich spread.