

HEAVENLY HUMMUS

Recipe: Julie Ann Sageer, Lebanese Cuisine

Serves 4-6 ♦ inactive prep time: 1day ♦ prep time (1A): 40 min

prep time (1B): 10 min ♦ total time: 1 day 40 min or 25 min

A dreamy and creamy chickpea (garbanzo bean) dip or spread that has subtle hints of garlic with lots of lemony fresh flavor, finished with drizzles of extra virgin olive oil, freshly chopped parsley, a sprinkling of paprika, served with warm wedges of pita bread.



- 1 cup dried whole chickpeas (garbanzo beans)
- 1/4 cup warm water
- or 1 can (2 cups) chickpeas, warm
- 1 pinch baking soda
- 2 garlic cloves, crushed
- 1 tsp. sea salt
- 2-3 lemons (1/2- 3/4 cup), freshly squeezed
- 2 pinches ground pepper
- 1/3 cup tahini (sesame seed paste)

preparation:

1a For DRIED CHICKPEAS: First pre-soak dried beans for 1 day. Place beans in medium sized bowl in cold water to soak add 1 pinch of baking soda, cover and place to soak on counter top overnight. The next day, drain from water, rinse and place in a medium saucepan with water over medium heat, bring to a boil then lower heat and simmer for approx. 30 minutes. Once the beans are completely cooked, drain (reserve 1/4 cup of the warm water) rinse and proceed to step # 2 below.

1b For CAN CHICKPEAS: in a medium saucepan, place chickpeas (rinsed) in cold water, cook over medium - high heat, add 1 pinch baking soda, bring to a warmth. Remove chickpeas from heat, drain, reserve 1/4 cup of the warm water.

2 In a food processor, finely crush 2 garlic cloves, add warm chickpeas (2 cups), finely blend. Add 1/4 cup warm water, blend until a creamy and substantial consistency is achieved, (no chunks or lumps, somewhat thick – and not thin or runny).

3 Add 1/3 cup tahini first and blend, then add all remaining ingredients, 1/2 cup fresh lemon juice, 1 tsp. sea salt, 2 pinches pepper, blend very well incorporating all ingredients. Outcome should be a smooth, creamy and substantial consistency, light beige in color with a lemony taste.

4 When ready to enjoy: Finish with drizzles of extra virgin olive oil, freshly chopped parsley, sprinkles of paprika. Best served room temperature with warm pita bread, olives and scallions. You may also enjoy with a medley of fresh vegetables: baby carrots, cherry tomatoes, red & green bell peppers, Persian cucumbers and radishes are highly recommended!

tip time:

- 1** Adding a pinch of baking soda takes some of the acidity from the chickpeas.
- 2** Heating the chickpeas first makes for a much smoother and silkier taste and texture.
- 3** For 6 to 8 servings double the recipe.

MAKE A MEAL: HEAVENLY HUMMUS WITH HESHWI

Recipe: Julie Ann Sageer, Lebanese Cuisine

Serves: 4-6 ♦ prep time: 10 minutes ♦ total time: 20 minutes

A savory and sensational seasoned meat mixture, with sautéed onions, freshly chopped parsley, finished with buttery toasted pine nuts, served warm atop heavenly hummus, scooped up with warm wedges of pita bread making for a magnificent meal!



- 1lb. Ground Beef or Ground Lamb Meat or combination of the two (half/half).
- 1 small yellow onion (1/3 cup), diced
- 1/4 pine nuts, toasted
- 1 tbsp. butter
- 3 tbsp. extra virgin olive oil
- 1 tsp. sea salt
- 1 tsp. ground pepper
- 1/4 cup flat leaf parsley, finely chopped

preparation:

- 1** In a medium skillet, heat 2 tbsp. extra virgin olive oil over medium to high heat, add 1 lb. ground meat, continually mixing meat. Then add 1/3 cup diced onion, working the onion in with the meat until brown, fully cooked. Season with salt and pepper, finish by incorporating 1/4 cup freshly chopped parsley.
- 2** Meanwhile, in a small skillet, heat 1tbsp. extra virgin olive oil and 1 tbsp. butter over medium heat. Add 1/4 cup pine nuts, continually tossing until toasted, achieving a light golden brown coating. Immediately remove from heat, as the pine nuts will continue to cook off the heat as well.
- 3** When ready to enjoy: First plate warm seasoned meat atop of the heavenly hummus and finish it all off with the buttery toasted pine nuts. Best served warm, scooped up with warm wedges of pita bread or fill a pita pocket and make it a sandwich.

tip time:

- 1** Pay close attention to your pine nuts, not to over cook, just toast to a light golden brown.
- 2** For best shelf life keep your pine nuts tightly secure in the refrigerator or freezer, this way the nuts retain all of their essential oils for oh so flavorful cooking!
- 3** For 6-8 servings double the recipe.