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## HUMMUS *from Good to Great!*

NATURALLY DELICIOUS RECIPES • Janice Feuer-Haugen

Homemade hummus is my comfort food of choice. Rarely a day goes by without a container of protein-packed, richly-flavored homemade hummus in our refrigerator. So satisfying as a snack, breakfast, lunch and/or dinner wrapped in a lettuce leaf with a slice of avocado. Ideal for entertaining drizzled with a swirl of good olive oil surrounded by an array of colorful fresh vegetables. And perfect straight from a spoon when we've just got to have a bite of something.

If you love hummus as much as I do, then you'll love this recipe for upgrading your hummus, making it lighter, smoother and tastier than ever before.

Over the last couple of years, top Chefs Michael Solomonov in Philadelphia and Yotam Ottolenghi in London have taken hummus from good to great, to even glamorous. Many chefs and home cooks are following their lead, creating something of a hummus revolution in the U.S. and abroad. I've been listening and experimenting and now incorporate some of their tips in my upgraded hummus recipe.

I've shared my love of hummus and a recipe with you a number of years ago. That hummus recipe is still good. However, with these new tips and proportions, I believe you'll love this upgraded hummus even more.

### 4 Tips for Smoother, Lighter, Tastier Hummus

And yes, it's possible that hummus would be even better if we cooked our own chickpeas. Someday, perhaps. In the meantime, it's sooo much quicker to use canned, organic chickpeas. Here's how:

1) Use organic, canned chickpeas that have only 3 ingredients: chickpeas (garbanzos), water and salt.



- 2) Here's where your love of hummus really comes into play. For the smoothest hummus, remove the skin from at least 1/4th of the chickpeas. For even smoother hummus, when you have the time and the patience, remove the skin from even more of the chickpeas.
- 3) Cook the canned chickpeas with their liquid until the chickpeas are very tender and beginning to fall apart. Drain the chickpeas, saving the liquid.
- 4) Following Chef Michael Solomonov's lead, I now use Soom Tahini (which can be purchased from Amazon). So fresh and flavorful and unlike any tahini you may have ever tasted.

Gather your ingredients and go for it! So far those who have tasted and made this hummus have called it the best they've ever tasted. Perhaps you'll agree. I'd love to hear from you.

*To your health!*  
—Janice

# HUMMUS UPGRADE— *Lighter, Smoother, Tastier!*

**Vegan, dairy and gluten-free**

*Eating hummus when the chickpeas are still warm results in an especially delicious treat!*

Makes 3½ cups

Total time: 30 minutes to an hour, depending on how many or how few chickpeas you peel.

- 2 15-ounce cans (3 cups) organic chickpeas/garbanzo beans
- 1 large clove peeled garlic, or more to taste
- 1/3 cup fresh lemon juice
- 2 teaspoons ground cumin
- ½ teaspoon ground coriander
- Scant ½ teaspoon Aleppo or other red pepper flakes
- 1 teaspoon sea salt
- 12 twists freshly ground pepper
- ½ cup extra-virgin olive oil
- ½ cup drained liquid from cooking the chickpeas
- 3 tablespoons roasted tahini, preferably Soom Tahini (available from Amazon)
- ½ cup tightly packed fresh cilantro leaves and fine stems

1) Empty the canned chickpeas with their liquid into a small saucepan. Heat over high heat for 1 minute. Stir the chickpeas with a wooden spoon or rubber spatula to loosen their skins. Strain the chickpeas, retaining the liquid.

2) Here's where your love of hummus really comes into play. For the smoothest hummus, remove the skin from at least 1/4th of the chickpeas by lightly rubbing them between your thumb and forefinger. Discard the skins. Place both the skinned



and unskinned chickpeas together with the liquid from the can back into the small saucepan.

3) Bring to a boil over high heat. Reduce the heat to medium high. Vigorously simmer the chickpeas until they are very tender and beginning to fall apart, 10–12 minutes.

4) While the chickpeas are cooking, mince the garlic by dropping it down the feed tube of a running food processor. When minced, use a rubber spatula to scrape down the garlic from the sides of the work bowl. Add the lemon juice.

5) Drain the very tender chickpeas, saving the liquid.

6) Put the cooked chickpeas and the rest of the ingredients, except for the cilantro, into the food processor.

Process the hummus for 4 minutes, scraping the sides of the work bowl once or twice to incorporate everything.

7) Add the cilantro. Process for another minute.

8) Adjust the salt to taste. Add a tablespoon or two of additional reserved liquid or cold water for a softer hummus. Note: the hummus will thicken once refrigerated.

9) Spoon the hummus into a shallow soup bowl or onto a plate to serve. Use the back of a spoon to create a wide well in the center. Drizzle with a swirl of good olive oil and toppings of your choice. Such as a sprinkling of either or both

of the Middle Eastern spices sumac and za'atar. The options are endless: Spanish paprika, fresh cucumber-tomato salad, sun-dried tomatoes, Kalamata olives, roasted chickpeas, etc.

10) Store in the refrigerator for up to a week.

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## Janice's Cooking Classes

For info on upcoming classes, visit

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