

OUTPUT:

HUMMUS

Quick hummus recipe This recipe makes quick, tasty hummus, with no messing. It has been adapted from a number of different recipes that I have read over the years. Hummus is a delicious thick paste used heavily in Greek and Middle Eastern dishes. It is very tasty with salad, grilled meats and pitta breads.

How to Make Hummus That's Better Than... Watch later Share

Watch on YouTube inspired taste

Hummus is a delicious spread or dip made from chickpeas, tahini, lemon, and spices. It's commonly eaten in the **Middle East and the Mediterranean**. Here in the United States, you can find store-bought versions at the grocery store, but we think you should skip those and make your own. "Let me show you how!"

Ingredients:

- 1 can (400g) of chick peas (garbanzo beans)
- 175g of tahini
- 6 sundried tomatoes
- Half a red pepper
- A pinch of cayenne pepper
- 1 clove of garlic
- A dash of olive oil

Instructions:

1. Remove the skin from the garlic, and chop coarsely.
2. Remove all the seeds and stalk from the pepper, and chop coarsely.
3. Add all the ingredients into a food processor.
4. Process all the ingredients into a paste If you want a coarse "chunky" hummus, process it for a short time.
5. If you want a smooth hummus, process it for a longer time
6. For a different flavor, you could try blending in a small measure of lemon and coriander, chili pepper, lime and chipotle, harissa and mint, or spinach and feta cheese.
7. Experiment and see what works for you.

Storage:

1. Refrigerate the finished hummus in a sealed container.
2. You should be able to use it for about a week after you've made it. If it starts to become fizzy, you should definitely discard it.
3. Hummus is suitable for freezing; you should thaw it and use it within a couple of months.

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Hummus Description:



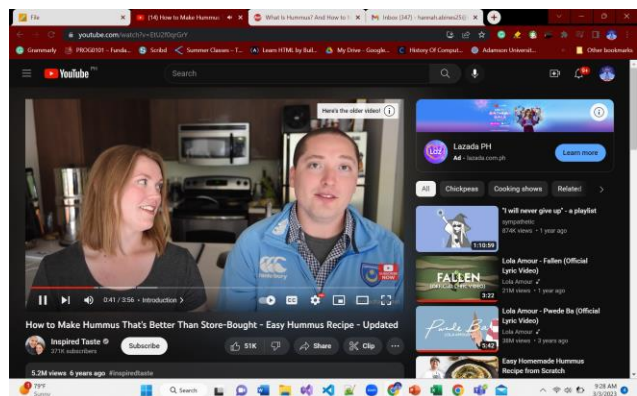
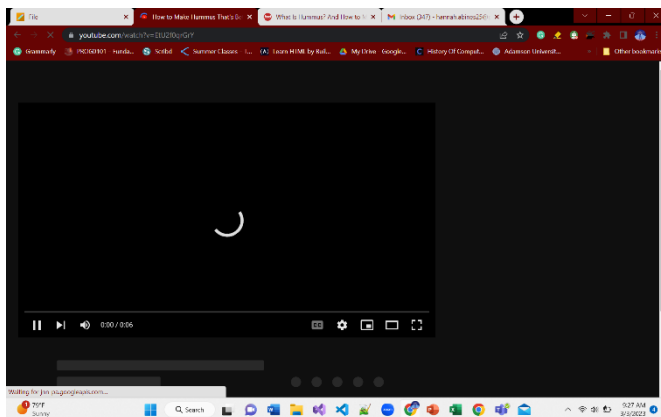
Hummus is a smooth and creamy puree of cooked chickpeas (garbanzo beans), tahini sesame paste and an acid, typically lemon juice. While hummus usually has garlic now, centuries ago it did not. Olive oil isn't a requirement either, but most modern recipes list it as an ingredient. Hummus has been a staple in the Middle East, Mediterranean and North African regions for longer than written records have been kept. Egypt is considered to be the birthplace of the earliest versions, and every variation is part of that family tree. The advent of a robust spice trade spread the high-protein dip around the globe because it's nexpensive and easy to make. The ingredients themselves have a long shelf life - long enough to sustain a ship's crew until they could get food from a new port.

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HUMMUS RECIPE(WORD) LINK



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