



Black-Eyed-Pea Hummus

Recipe adapted from Logan Cox, Ripple, Washington, D.C.

Yield: About 2 ½ cups

Cook Time: 10 minutes (plus 1 hour to soak)

INGREDIENTS

1 cup dried black-eyed peas
1 garlic clove, finely chopped
1 ½ tablespoons plain Greek yogurt
2 tablespoons toasted black sesame seeds
1 ½ teaspoons kosher salt, plus extra if needed
½ teaspoon freshly ground black pepper
⅓ teaspoon ground cumin
¼ teaspoon ground caraway seeds
2 tablespoons extra-virgin olive oil

DIRECTIONS

1. In a medium saucepan, add the black-eyed peas and enough cold water to cover the peas by 2 inches. Bring to a boil over high heat, reduce the heat to medium and simmer for 2 minutes. Turn off the heat and set aside for 1 hour. Set a fine-mesh sieve or colander in a medium bowl and drain the peas (reserve the cooking water).
2. In a food processor, combine the cooked black-eyed peas, garlic, yogurt, sesame seeds, 1 ½ teaspoons salt, the pepper, cumin and caraway, and ½ cup of the cooking liquid (or water). Process until smooth, adding more cooking liquid (or water) if needed. With the food processor running, gradually add the olive oil until combined. Taste and season with more salt, if needed.