



Royal Hashemite Kingdom Hummus

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I have enjoyed drawing on a number of cultures eating hummus - from trips through the Mediterranean and eating with Greeks to learning from friends in Israel and Jordan. In Jordan, this Chef first perfected Hummus for King Abdullah II of the Hashemite Kingdom of Jordan. You may remember his father, more so, King Hussein and his wife, Queen Noor, of Los Angeles. It was in Jordan that I perfected Hummus with the help of local hotel executive chefs and also with the help of Bedouin nomads. King Abdullah and Queen Rania, as well as a number of princes loved what I made. We cruised around the Red Sea while a few of the younger princes drove our nuclear submarines...even the King had his son in his lap steer the sub! But these, and many other stories of a Chef are for later.

I have also had the pleasure of studying variations from Saudi Arabia, time spent repeatedly in the deserts of the United Arab Emirates and other places like Bahrain. I can tell you this, in your darkest hour of travel deep into the desert, when you get lost and exhaust all of your water supplies – the desert police by camel still exist – and they still will save you. Most interesting of all is that they ride camels (one and two hump) yet use cellular phones! A number of the variations are now sold in supermarkets and a few brands are even marketing up to a dozen different flavors. So no method or kind, “is correct.” I seem to sell a LOT of my version and folks love it. I hope that you enjoy it and remember, chick peas (garbanzo beans) are a healthy food filled with protein.

Ingredients:

2-3 cans	Garbanzo Beans (Chick Peas) - have an extra can if need be and it is ruined and needs to suddenly be thicker
¼ Cup (more or less)	Lemon Juice - depending on how strong the brand is or your desire
1 Tablespoon	Sesame Tahini (look in the Jewish specialty section at your Local supermarket)

1-2 Tablespoons	Minced Garlic (this depends on your desires in life)
1-2 Cups (more or less)	Extra Virgin Olive Oil (EVO) - this depends on the saturative power of your Garbanzo beans as each crop is different and then how thin or thick you like your hummus.
1 Pg	Pita bread
1 Pg	Holy Hyssop Za' atar
3 Tablespoons	White Sesame Seeds
3 Tablespoons	Oregano, Ground

Instructions:

Okay, lets get started and have some fun. We use a cuisinart or food processor to make a puree out of the Garbanzo Beans, Lemon Juice, Tahini, Garlic and Olive Oil. You will be shocked to see how much oil the Garbanzo Beans can drink and absorb! But they will – so don't worry.

The consistency should be creamy and fairly smooth. Depending on the sharpness of your food processor blade, the maturity of the Garbanzo Beans and how finely you minced the garlic – you may or may not have small pieces. Either way, it's gonna be yummy!

I like to use a barbecue grill or George Foreman indoor grill to “sizzle” the pita breads. A simple package of pita bread will do. Let's rub those pita's down with EVO and chuck em' onto that ole grill. A bit o' flame won't hurt if you are outside! When they are done, cut them into pizza slices and arrange decoratively on a platter. Perhaps you would like to put the Hummus in a natural yellow pepper bowl in the middle for dipping? Feel free to have fun and be imaginative ☺

In the desert regions there can often be found a dipping bowl of EVO and Za' atar. I like to blend Holy Hyssop with the Sesame Seeds and Oregano and sprinkle them all over the pita. I mix the Hyssop with Sesame and Oregano and stir.

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