

## Classic Israeli Hummus (Middle Eastern Staple)

A food shared at tables across Israel for generations—simple, nourishing, and meant to be eaten together.

# **Ingredients**

- 1½ cups dried chickpeas (garbanzo beans)
- 1 teaspoon baking soda
- ½ cup tahini (sesame paste)
- 3 tablespoons fresh lemon juice
- 2 cloves garlic, minced
- <sup>3</sup>/<sub>4</sub> teaspoon salt (to taste)
- ½ teaspoon ground cumin (optional)
- 4–6 tablespoons cold water
- Olive oil, for topping
- Paprika or cumin, for garnish
- Fresh parsley, chopped (optional)

# Instructions

### 1. Soak the Chickpeas

Place chickpeas in a large bowl. Cover with water and add the baking soda. Soak overnight (8–12 hours).

### 2. Cook Until Tender

Drain and rinse chickpeas thoroughly.

Place in a pot with fresh water and bring to a boil.

Reduce heat and simmer 45-60 minutes, until very soft.

#### 3. Blend the Base

In a food processor, combine tahini, lemon juice, garlic, and salt. Blend until smooth and creamy.

## 4. Add Chickpeas

Add the warm, drained chickpeas.

Blend until thick and smooth, adding cold water 1 tablespoon at a time.

#### 5. Season

Add cumin if using. Adjust salt and lemon to taste.

#### 6. Serve

Spoon into a shallow bowl.

Drizzle generously with olive oil and garnish with paprika and parsley.

# **Serving Tradition**

- Served warm or room temperature
- Eaten with fresh pita
- Shared at Sabbath meals, family gatherings, and daily breakfasts