



kitchen collage

430 E. LOCUST STREET | DES MOINES, IA 50309 | (515) 270-2802

Fresh, Homemade Classic Hummus

Makes about 2 cups

This classic hummus recipe is creamy, smooth, and oh, so delicious! Making fresh, homemade hummus is easy, and in our experience, a superior taste experience to the store-bought varieties. Start with our classic recipe, and adjust according to your personal taste. Add more lemon or more tahini, or get wild with an array of toppings!

Ingredients:

2 cups cooked chickpeas (see directions for cooking dried chickpeas below)
1/4 cup fresh lemon juice (about 2 lemons)
10 tablespoons olive oil
1/2 cup tahini
1 teaspoon Kosher salt
1 clove garlic, finely minced
1/2 cup cold water

Directions:

1. In a large food processor blend the cooked chickpeas until smooth.
2. Drizzle in the lemon juice, olive oil, tahini, Kosher salt, garlic, and cold water. Blend until smooth. Adjust the add-ins until your desired texture, consistency, and flavor is reached.
3. Garnish with an array of toppings.

How to Cook Dried Chickpeas:

1 lb dried chickpeas
6 cups water

Stovetop Method:

1. For soft chickpeas, soak overnight or for at least 5-6 hours with 1 teaspoon of baking soda. Carefully rinse the chickpeas and discard any floating beans or shells.
2. In a large pot, cover the soaked chickpeas with cold water (plus 2 inches), and bring to a boil. Lower the heat, cover, and simmer for 1.5 - 2 hours until the chickpeas are very soft. (If you pinch one it should easily squish). Make sure they are completely soft before proceeding with the hummus.
3. Makes about 6 cups of chickpeas. Freeze in 2 cup portions to use later.

Electric Pressure Cooker Method:

1. For soft chickpeas, soak overnight or for at least 5-6 hours with 1 teaspoon of baking soda. Carefully rinse the chickpeas and discard any floating beans or shells.
2. Add the chickpeas to the electric pressure cooker, and cover with 6 cups of water. Cook on high pressure for 12 minutes. Wait for 10 minutes, and then release the pressure. Make sure the chickpeas are completely softened (If you pinch one it should easily squish). If needed, cook at high pressure for an additional 3 minutes.
3. Makes about 6 cups of chickpeas. Freeze in 2 cup portions to use later.