

# Chef Patrick's Garden Hummus Recipe

**Before you get started, note:** Chef Patrick's hummus uses dried chickpeas, which is a process that takes a few days. If you are looking for an easier quicker process, start the recipe with Step 2 and use canned chickpeas. No cooking required. Although, you won't be able to accomplish as smooth of a texture because of the skins remaining on the canned chickpeas.

## Ingredients

- 1 1/3 cup chickpeas
- 1 tbsp baking soda
- 1 1/8 tsp extra virgin olive oil
- 1/3 tsp cumin seed, ground
- 1 1/3 tsp salt
- 1 1/2 tbsp fresh lemon juice
- 2 1/2 tsp tahini



## Step 1 - Prep Chickpeas

- Soak chickpeas in a large mixing bowl of water with 1/2 tablespoon of baking soda for at least 24 hours
- The next day, preheat the oven to 425 degrees
- Remove chickpeas from water and spread evenly onto a baking sheet
- Sprinkle 1/2 tablespoon of baking soda over the top of the chickpeas and place in preheated oven for 20 minutes

## Step 2 - Recipe

- Preheat the oven to 425 degrees
- Remove chickpeas from water and spread evenly onto a baking sheet
- Sprinkle 1/2 tablespoon of baking soda over the top of the chickpeas and place in preheated oven for 20 minutes
- Transfer the cooked chickpeas to a large bowl and fill with cold water
- Using your hands, gently massage the chickpeas until the outside skins are released and float to the top
- Continue this step until majority of the skins are removed from the chickpeas
- In a 6-quart sauce pot, cover the chickpeas with at least two inches of water
- On medium heat, bring the pot to a boil and reduce to a simmer
- Cook the chickpeas until extremely soft. This can take up to 1 hour.
- Once soft, drain the cooking liquid off the chickpeas reserving 3 cups in case it's needed later
- Transfer all remaining ingredients into a food processor
- Turn the food processor on and run until chickpea mixture it is extremely smooth
- If necessary, use the reserved cooking liquid to thin the hummus to your desired consistency
- Transfer to a container and store in the refrigerator until ready to serve
- When ready to serve, spoon the hummus into a shallow bowl and create a small well using a kitchen spoon
- Garnish with chopped mint and parsley, a pinch of smoked paprika and finishing olive oil
- Serve with grilled pita and your favorite raw vegetables