



Chef Bruce Brown

Traditional Hummus

Ingredients

8 cloves fresh garlic
4C garbanzo beans, cooked and drained
½C tahini (ground sesame seed paste)
1 tsp salt
1½T ground cumin
½C lemon juice
½C olive oil (more oil is optional)
Water (optional, as necessary)

Equipment:

Food Processor
Scraper
Measuring cups and spoons



Instructions:

In the food processor, process the garlic cloves until finely minced.
To the processor bowl, add the garbanzo beans, processing until crumbly, yet smooth.
Add the tahini, salt, and cumin. Continue processing until all ingredients are combined.
The mixture should now begin to smooth out with little evidence of whole beans remaining.
Add the lemon juice to the processor and continue to blend until combined. By now, the mixture should be smooth and taking on the color of the hummus.
Finally, drizzle in the olive oil with the processor running until all ingredients are smooth and blended. If you prefer a thinner result, you may add more oil or water, suggested at one tablespoon at a time.



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Spinach Herbs Hummus

Ingredients:

8 cloves garlic

4C drained garbanzo beans

½C tahini (roasted sesame seed paste)

10oz. package frozen chopped spinach,
thawed and pressed

1 tsp salt

2T dried parsley

1½T ground cumin

1T white pepper

½C lemon juice

½C olive oil, more as necessary



Equipment

Food processor

Scraping spatula

Instructions:

In the food processor bowl, process the garlic cloves until finely minced.

Add the beans and tahini, processing until finely chopped and combined, about thirty seconds.

Add the salt, white pepper, cumin and lemon juice, processing again until incorporated.

Add the parsley and spinach, continuing to process until product is thoroughly blended and you are unable to pick out large bits of spinach.

With the processor running, slowly drizzle in the olive oil until acquiring a smooth paste, adding more oil to get the consistency you like.

Serve with fresh baked tortilla chips or toasted pita points, accompanied by assorted vegetable sticks.