

Homemade Hummus by Dr. Shruti Sharma

When I make hummus, I usually flavour it with whatever is around, such as sun dried tomatoes in olive oil, tomato and basil seasoning, garlic, chipotle pepper flakes, or caramelized onions. You can adjust the quantity of any of the ingredients based on the amount of hummus you'd like to make. I usually aim for about two cups worth since it makes a great snack and spread for work and home.

Ingredients:

- 2 oz (56g) Toasted sesame seeds
- 4 tbl sp. Extra virgin olive oil (plain or flavoured)*
- 1 15oz can (425g) Chick peas (fresh or canned)
Fresh chick peas are easiest to make when left overnight in a crockpot. If you use canned ones, make sure to rinse them thoroughly.
- 2 Garlic cloves (fresh or roasted; depending on how strong of a garlic flavour you want). 1 tsp Garlic powder can also be used.
- Sicilian sea salt, depending on taste, about 1 tsp if unsure.*
- ¼ cup (59ml) fresh lemon juice, about 1 large lemon
- Season to taste – ½ of any of your choice cumin, rosemary, chili flakes, paprika, etc

Steps:

- In the bowl of a food processor, combine the sesame seeds and lemon juice until smooth (about 1 minute), similar to a thick paste. Scrape the sides and bottom of the bowl and process for another 30-45 seconds to whip the sesame seed paste. If it's not completely smooth, that's ok.
- Add in half the chickpeas and other ingredients. Continue to blend until smooth, pour olive oil into the bowl as the processor is running, to achieve the desired consistency.
- Scrape the sides and bottom of the bowl. Add in the other half of the chickpeas and blend until smooth. If the mixture is still too thick, or chunky, add in more olive oil (or water) until desired consistency is achieved.

***Modifications:**

- If you've used sun dried tomatoes in olive oil for flavour, don't forget that the oil from the tomatoes can also be used to thin the hummus. You can use olive oil seasoned with spices complimenting the flavour of hummus you would like, for example oregano, red pepper flakes, chipotle flakes, etc.
- The Sicilian salt I use also has garlic flakes, rosemary, and chili flakes already added to it or you can use a Mediterranean spice blend. Don't be afraid to try new flavours and spice blends. Often, looking at your cupboard and experimenting works well.
- Hummus, when thinned out with coconut aminos or your choice of a soy sauce substitute also makes a great stir fry sauce, especially if you add in some ginger (fresh or powder) and toss some sesame seeds into your stir fry. I would suggest a garlic or plain flavoured hummus.

If you would like to see images of the steps you can refer to this website, which inspired the above recipe: <http://www.inspiredtaste.net/15938/easy-and-smooth-hummus-recipe/>

Dr. Shruti Sharma can be found online too at www.drshrutisharma.com. drsharma@drshrutisharma.com