

Toasted Sesame Hummus by SubZero, Wolf and Cove

INGREDIENTS

- $\frac{2}{3}$ cup sesame seeds
- 6 tablespoons extra-virgin olive oil
- 2 teaspoons toasted sesame oil
- 4 cups cooked chickpeas or 2 (15-ounce) cans chickpeas, rinsed
- 4 garlic cloves, peeled
- $\frac{1}{2}$ cup fresh lemon juice (from 3 or 4 lemons)
- 2 teaspoons ground cumin
- 1 teaspoon kosher salt
- 1 cup water or 1 cup reserved chickpea cooking liquid
- Sweet paprika, for serving
- Pita breads, sesame crackers, or raw vegetables, for serving

PREPARATION METHOD

Heat a small skillet over medium heat, add the sesame seeds, and toast them, shaking the pan often, until they are brown and fragrant, 3 to 5 minutes. Transfer the sesame seeds to a plate to cool.

Place the sesame seeds in the blender, followed by the olive oil, sesame oil, chickpeas, garlic, lemon juice, cumin, salt, and $\frac{1}{2}$ cup water (or chickpea cooking liquid). Select MANUAL/SPEED 3 and pulse to roughly combine.

Select the PUREE setting, using the tamper as needed to stir the mixture. Once the cycle finishes, adjust the consistency of the hummus, if you like, by adding up to $\frac{1}{2}$ cup more water to thin it. Taste and adjust the seasoning with salt and lemon juice as needed. Transfer to a serving bowl, sprinkle paprika on top, and serve with pita, crackers, or vegetables.

Variation: Black Bean Hummus

Reduce the sesame seeds to $\frac{1}{3}$ cup and reduce the toasted sesame oil to 1 teaspoon. Substitute 2 cups cooked or 1 (15-ounce) can black beans (with their liquid) for 2 cups or 1 (15-ounce) can chickpeas. Substitute lime juice for the lemon juice, decrease the cumin to $1\frac{1}{2}$ teaspoons, and add $1\frac{1}{2}$ teaspoons chili powder. Sprinkle with chopped fresh cilantro and serve.

Variation: Tomato-Basil Hummus

Add $\frac{1}{2}$ cup chopped sun-dried tomatoes, 2 tablespoons chopped fresh basil, and $\frac{1}{4}$ cup grated Parmigiano-Reggiano cheese to the blender with the other ingredients.