

**HUMMUS BI TAHINI** (Chick Peas with Sesame Seed Paste)

*An appetizer which can serve as a light lunch or supper. It attracts the palate and the eye and teases the taste buds. To enhance its subtle flavor, serve at room temperature or cold but not too cold. The hummus, cooked and blended smoothly, can be frozen and kept for future use. The dressing is added at the time of serving. As with baba ghanouj, hummus bi tahini can be eaten with Arabic bread.*

½ pound dried chick peas or about 1 cup	6 cups cold water
1 teaspoon salt	4 garlic cloves
2-3 lemons	5 generous tablespoons Tahini
2 tablespoons cold water	1 teaspoon cumin to taste (optional)
4-5 sprigs parsley	2 tablespoons olive oil

**PREPARE THE HUMMUS**

- ~ Soak the chick peas overnight in cold water after checking for small stones and blemished chick peas.
- ~ The next day wash the chick peas well, rinsing them several times.
- ~ Put chick peas in pot with 6 cups cold water and cook on high heat. Tilt the cover of the pot so there is a way the steam will escape, keeping the foam under control. The chick peas are cooked when a pea can be mashed easily between two fingers.

**COMBINE THE HUMMUS WITH THE TAHINI DRESSING**

- ~ Put garlic, lemon juice, chick peas and tahini in blender or food processor, blend until smooth. Follow this procedure three or four times until all the ingredients have been finely blended. If more liquid is

## RECIPES FOR FOOD AND THOUGHT

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needed, add 2 tablespoons cold water, or more lemon juice which will give the hummus a tangy taste.

~ Alternatively, the dressing can be made separately and then combined with hummus. Pound garlic cloves with salt, add the tahini and mix well. Add the lemon juice and mix well. Add cold water or more lemon juice to obtain a more liquid consistency. Mix hummus with the tahini dressing.

~ Serve in a platter cold or at room temperature. Make a design with a fork as grooved highways, putting olive oil across the top. If you wish, you can sprinkle paprika over the hummus for color. Garnish with sprigs of parsley.

TIME: 1 hour.

SERVES : 6.