

# FRESHMADE NYC

COOKING STUDIO & EVENTS

## HUMMUS & ISRAELI SALAD

*Makes approx 6 servings*

- 1 (15-ounce) can of chickpeas
- 1/4 cup fresh lemon juice (about 1 large lemon)
- 1/4 cup well-stirred tahini
- 1 small clove of garlic, minced or grated
- 2 tablespoons extra-virgin olive oil, plus more for serving
- 1/2 teaspoon ground cumin
- Salt to taste
- 2 to 3 tablespoons of water
- Dash ground paprika or sumac for serving

**DIRECTIONS:** In the bowl of a food processor, combine the tahini and lemon juice. Process for 1 minute. Scrape the sides and bottom of the bowl then process for 30 seconds more. The extra time helps “whip” or “cream” the tahini, making the hummus smooth and creamy.

Add the olive oil, minced/grated garlic, cumin and salt, to taste to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process for another 30 seconds or until well blended. Add half of the chickpeas to the food processor and process for 1 min. Scrape the sides and the bottom of the bowl, then add remaining chickpeas and process until thick and smooth, 1 to 2 min. Add water as needed to thin out to desired consistency.

Taste for salt and adjust as needed. Serve the hummus with a drizzle of olive oil and a dash of paprika.

## ISRAELI SALAD

*Serves approx 8*

1 lb persian cucumbers  
1 lb fresh ripe tomatoes, seeded and diced  
1/3 cup minced red onion  
1/2 cup fresh parsley  
3 tablespoons extra virgin olive oil  
3 tablespoons fresh lemon juice  
Salt, to taste

**DIRECTIONS:** Slice each cucumber in half lengthwise. Slice each half into 4 slices lengthwise so you have 8 long, thin pieces total. Hold the long, thin pieces together and slice the bunch into very small pieces.

Place the diced cucumbers into a large mixing bowl along with all the other ingredients.

Mix until the vegetables are well coated with parsley, oil, lemon juice and salt.

Best served fresh at room temperature. You can also chill for a more refreshing salad.