



# Aroi Dee ISB Recipe Submission Template

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name: Tali Benzvi                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| E-mail: talola.bz@gmail.com                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Mobile:080-2992965                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Nationality: Israeli                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Name of Recipe: Hummus                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Source of Recipe: It comes in the DNA. The book "Fresh flavors from Israel"                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Type of Cuisine: Middle East                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Category: lunch on the go or a healthy snack.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Tales & Tips: Hummus is home for me . It is such a comforting and basic food. My kids love it with carrots or in a pita bread with a pickle.You will find it in every house and party in Israel. .Originally a Middle Eastern breakfast dish, hummus is consumed throughout the day and enjoys the status of the national dish. The best one served at Hummusiya joints, but wonderful fresh hummus can easily made at home.<br>Tip: To make ahead Soak and cook the chickpeas, put in a small containers together with some of the cooking liquid and freeze.when ready to serve defrost and follow the recipe. |
| Measures Used (North American or Metric): Metric                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Spiciness: <b>not spicy</b>                                                                                                                                                                                                                                                                                                                            |
| Dietary Note:<br>Hummus contain up to 200 calories for 100 g.<br>Hummus also contains lots of crucial nutrients, most of which come from the tahini BTW. It has a high content of important minerals like Manganese, Copper and Sodium, and also some Calcium, Iron, Magnesium and Zinc. It is relatively rich in Vitamin C and B6 and also contain vitamin E, K, Folate .                                                                                                                                                                                                                                       |
| Preparation Time: 15min                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

Cooking Time: 2-3 hours until the chickpeas are soft.

Serving: 8-10

Ingredients: ½ kg small dry chickpeas, 1 tablespoon + 1/2 tablespoon baking soda, 1 cup raw quality tahini, 1 tablespoon freshly squeezed lemon juice, 2 cloves garlic crushed, salt, cumin (optional).

Preparation:

1. Soak the chickpeas overnight in a large bowl of cold water with one tablespoon of baking soda.
2. Drain and rinse the chickpeas and put them in a large pan. Add water until reaches 2-3 cm above the chickpeas. Add the remaining ½ teaspoon of baking soda and bring to a boil. Cook covered over low heat for 2-3 hours, until the chickpeas are very soft. Cool slightly, drain and save some of the cooking liquid. If you have a pressure cooker it will take 30min...
3. Put the chickpeas in a food processor, add 2/3 cup of the Tahini and process until almost smooth. If the paste is too thick, add a few tablespoons of the cooking liquid. Season with lemon, garlic and salt. For a richer creamier version, add the remaining tahini and process until the hummus is completely smooth and fluffy.

Enjoy.