

HUMMUS w/ Tahini

1	can(30 oz.)	Garbanzo beans, drained (reserve the liquid)
¼	c or more	liquid from the drained garbanzo beans
2/3	c.	Tahini
6	Tbs	Lemon juice, fresh (from about 2 lemons),
3 or 4	cloves	Garlic, mashed
2	tsp.	Cumin, ground (the web recipe called for 1 tsp but I like 2 - however my cumin was about 10 years old so adjust to taste!)
1-2	tsp	Sugar
½	c	Olive oil, extra virgin
		Salt
		Pepper
1	tsp	Paprika
1	Tbs	Sumac spice from Middle Eastern grocery
		Parsley, fresh chopped - drizzled olive oil for garnish.

Drain the beans and reserve the liquid. Mash up the beans (food processor if you have one, I just used a bowl and a potato masher), add the garlic along with the reserved liquid from the drained beans. When I drained the can I got a large bowl full of liquid, you won't really need all of it but keep it until the dip is completely finished, in case you want to adjust consistency, you don't want the dip to be too dry. Add the cumin, salt, pepper, paprika (about 1 tsp), and sumac (about 1 Tbs). Sumac is a red powder, made from a Juniper berry - you can get it at a Middle Eastern grocery. Add the olive oil, and lemon juice (vary to taste). Blend in food processor again or stir up. Makes a lot of dip; garnish with chopped parsley, more olive oil drizzled over, and sprinkle all with sumac. I did the salt and pepper to taste, and the sugar is optional but I like it. This is a recipe I adjusted from a website, so I like it this way but you may not, adjust spices to your taste, but I think this formula is pretty close to what I've been served in middle eastern restaurants. I also toasted some pine nuts and sprinkled them all over, and they said fresh pomegranate seeds are a good garnish too. Serve with veggies or pita.

Pita

Make sure to get authentic pita bread, NOT icky Sahara brand. Warm in microwave 30-40 seconds. Cut each heated pita in half and put into a covered basket until basket is piled pretty high, very yummy with this hummus. Serve with kalamata olives. Mmmmm!