



Jason Feddy's World Famous Real Hummus/T'china Recipe

Yields about 4 cups. Soak beans overnight. Prep time 30 mins (after overnight soaking) + 1.5 hrs cooking.

Ingredients:

- **1 cup** **Dried chickpeas, large (Garbanzo beans)**
- **2 tsp** **Baking soda**
- **2 each** **Lemons juiced (about ½ cup)**
- **4 each** **Garlic cloves, grated**
- **1 ¾ tsp** **Kosher salt or more to taste**
- **1 cup** **T'china, stirred. (*strongly* recommend “Har Bracha”: it’s Kosher and available at Wholesome Choice or OC Kosher)**
- **¾ tsp** **Ground cumin or more to taste**
- **To taste** **Finely ground Paprika for garnish**
- **To taste** **Olive oil for garnish (my opinion: not extra virgin)**
- **To taste** **Fresh parsley for garnish, chopped**
- **1/3-2/3 cup** **Icy cold water**
- **Fluffy, warm pita bread.**



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Directions:

- 1. In a bowl, cover chickpeas with at least 3 inches of cold water. Add 1 tsp baking soda. Stir and soak at room temperature overnight. Drain and rinse with clean cold water.**
- 2. In a medium pot, cover soaked chickpeas with at least 4 inches of water. Add 1 tsp baking soda. Bring to boil over high heat. Reduce to medium heat and simmer vigorously until beans are quite soft - maybe 1 ½ hours. While chickpeas are cooking - go to step 3. Overcooked beans make for creamy hummus. Ok if they break down a bit. Drain.**
- 3. While chickpeas are cooking: in a blender combine lemon juice, garlic and ¼ tsp salt. Let sit at room temperature for 10 mins. Add T'china, remaining (1 ½ tsp) salt and the cumin. Blend until a thick paste forms. Add icy water while blender is running, a little at a time until sauce is smooth, white and creamy.**
- 4. Add warm, drained chickpeas to blender containing t'china sauce. Blend until perfectly smooth and not at all grainy. Stop occasionally to scrape the side of the bowl into mixture. Blending can take longer than you expect - about 2 minutes or more; keep going until the mixture is ultra-creamy and even fluffy, adding more water if you need to make the stuff move. Taste for seasoning - more salt? More lemon? More cumin?**
- 5. Spread your heavenly mixture on a plate, with a slight dip in the middle. Drizzle gently with olive oil, dust with paprika and sprinkle with a pinch of parsley. Enjoy warm for best taste. Don't reheat.**