



## First-Timer's Homemade Hummus

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One of my favorite ways to learn about foreign cultures is by diving into a dish of traditional cuisine. Over the past couple years, I have grown a taste for a variety of Middle Eastern staple foods, specifically hummus. Here in America, thanks to the packaged-foods industry, we have access to many varieties and flavors of hummus available at almost any grocery store.

Authentically, hummus was never packaged or purchased in a grocery store. The act of making hummus is actually a part of the culture as much as the finished product. Therefore, instead of buying an ready-made version, I decided to learn how to make it for myself and participate in a cultural act other than just consumption and gastronomy.

After perusing countless recipes, I decided to try a variation inspired by Femmhavenn's simple and easy recipe. I added a couple alterations, like the addition of artichokes, based on my own preferences. With the help of my boyfriend Jon, I successfully made my first batch of hummus!

It is absolutely delicious and I hope you try it for yourself!

Recipe with my alterations:

Chickpeas-2 cups (boiled)

Tahini- 1/3 cup

Artichokes- 6 ounces

Juice of 1 whole lemon

Juice of 1 whole lime

Garlic cloves- 3 small

Pepper- 1 tbsp

Sea salt- 1 tbsp

Cumin Powder- 1/2 tsp

Olive oil- ¼ cup

Paprika- to sprinkle to garnish

Parsley- to garnish

Olive oil- to garnish to serve

Instructions:

1. Soak chickpeas overnight and boil in enough water until tender.
2. Blend together chickpeas, tahini, lemon, lime, garlic, half of the parsley, and olive oil in a food processor or blender until smooth. This took me a couple tries.



3. Add the artichokes, salt, pepper and cumin powder and blend again until smooth.



4. Take out and serve hummus with olive oil drizzle over topped with paprika and leftover parsley.



5. Enjoy!

Traditionally, Hummus is commonly paired with pita, flatbread or naan, but we spread it on my Farmer's Loaf from Eugene's Hideaway Bakery and were completely satisfied.

To be honest, we actually had to force ourselves to not eat the entire bowl! And it took a lot of will power.