**A Basic Recipe for Hummus**

Almost any good middle Eastern cookbook will give a recipe for “Hummus with Tahini.” There are probably countless recipes online as well. This is the simple recipe I usually use. As you will see in later notes, it can be simplified in many ways. One easy way to simplify it is to used caned Garbanzo beans. **(If you are going to share this product, make sure to use the highest standards in hygiene and food handling while preparing it!!!)**

Step 1. Take one 16 oz bag of dry garbanzo beans (chickpeas) and soak in water overnight ( cover peas with at least three inches of water).

Step 2. Drain and replace water and bring beans to a boil, turn down and simmer until very tender (1-2 hours).Drain and cool quickly (reserving the liquid from the beans). (If you use canned beans, you should still cook them).

Step 3. Place the beans in a food processor and blend for a minute or two. Then add the juice from 1 lemon (about a ¼ cup), 1 tsp granulated garlic, ¼ cup olive oil, ¼ cup dark sesame oil, 3/4 cup tahini, ½ tsp Tabasco sauce, ¼ tsp black pepper, & 1 tsp salt. Process until smooth. If the paste is too thick, you can thin it down with a bit of the reserved liquid. If it is too thin, you can add some rice flour to thicken it. This recipe yields about 3 ½ lbs of good, standard hummus base. This is typically served with a garnish of good, extra virgin olive oil (drizzled over it or placed in a small pool in the center), chopped parsley, and a sprinkle of paprika. The cost is about $5.00-$6.00. An equal amount of ***Sabra*** hummus would cost about $28.00. At this point the product also freezes well for later use.

Now the real fun begins. You can divide the approximately 56 oz. of hummus into 7, 8 oz. portions and start to experiment! You can add more tahini, olive oil, dark sesame oil, lemon, salt or garlic to taste. Again, If you like a firmer dip, a tablespoon or 2 of rice flour will stiffen the hummus up. If you like a richer dip, a few tablespoons of mayonnaise might be to your taste. If you like something lighter and tangier, a few tablespoons of yogurt or sour cream can help. You can garnish the hummus with finely chopped chives, green onions, cilantro, or dill. You can top it with toasted pine nuts or sesame seeds, you can add roasted garlic or Zatar (a unique, thyme-based Arabic spice blend available at most middle Eastern markets). You can also add various kinds of hot chili, cumin, coriander, ginger, etc, **OR** you can completely abandon the Middle Eastern tradition and season the hummus as your inspiration dictates—tamari, Mexican or Indian spices, etc. This won’t be traditional, but it might be really delicious! At this point, anything you add can be simply blended in with a hand whisk—no need to reprocess it in the machine.

Whatever you do, you will have a tasty, healthy and very cheap alternative to ***Sabra*** hummus. You control the salt, the oil and, of course, you can leave out the nasty preservatives. If you live in the Pacific Northwest you will be supporting the local economy. Wherever you live, you will be making a healthier product, saving money, supporting the local economy and YOU WILL NOT BE SUPPORTING the oppression of Palestinians.

**Recipes for Action:**

Have a hummus party: Make a big batch of hummus, try some of the variations we have suggested here, print out some of the literature we have provided and have a few friends over for snacks some afternoon. You might also bring the hummus you make and the literature to a church, book club, or other social gathering, or you might simply bring them to some of your neighbors.

**The Main Point**: The overall objective of all this is to create a friendly situation where you can help educate more people about Middle Eastern culture and politics—especially the issues of Palestine— in a friendly, non-threatening way that promotes dialogue and understanding. You don’t have to be an “expert” on the Middle East—you just need to have some simple constructive facts at your command. **The Most Basic Fact is This:** When the Zionist movement decided to lay claim to Palestine’s land more than a hundred years ago, the Palestinians had done nothing to provoke them or to deserve punishment. Today, most Palestinians live in exile, or in various forms of subjugation inside Israel or the occupied territories. America has colluded in creating this Israeli “success” story. It’s not a success. It is one of the great failures of our nation in the last century. Continued injustice to, and displacement of, the Palestinian people ensures more war and bloodshed down the road. *Only a strong BDS movement can show hard-line parties in Israel (like the current Likud government that supports continued settlement and NO PEACE) that the politics of aggression are a dead end.*