

## Hummus Bi Thini (chick pea dip)

### The Traditional authentic way:

- 1 1/2 cups dried chick peas
- 1/2 cup tahini (sesame seed paste)
- 1/2 cup lemon juice
- 1 tbsp salt
- 2 cloves of garlic

Carefully inspect and rinse chick peas. Remove any pebbles or off-color peas. Soak the peas in lots of water overnight. Gently boil the peas for 2 to 3 hours, and then allow cooling. Put the peas, covered in the remaining water, in the refrigerator for another day. This is necessary to allow the peas to absorb more water before making the hummus. Drain the peas, and in a food processor, blend all of the ingredients to a smooth paste for about 15 to 20 minutes. Add more water (about 1/4 cup) to obtain the desired consistency. Garnish with chopped parsley and whole chick peas and serve with fresh cut vegetables and pita bread.



### The quick way:

- 1 can of pre cooked chick peas (whole)
- 1/2 cup tahini (sesame seed paste)
- 1/2 cup lemon juice
- 1 tbsp salt
- 2 cloves of garlic

Mash the Garlic cloves with some of the salt, Drain the peas, and in a food processor, blend all of the ingredients to a smooth paste for about 10 minutes. Add more water if needed (about 1/4 cup) to obtain the desired consistency. Garnish with chopped parsley and whole chick peas and serve with fresh cut vegetables and pita bread.