

ARTICHOKE & GARLIC HUMMUS – COMFORT DU JOUR

Hummus is one of my favorite “blank canvas” foods, and it’s so simple at home, it makes no sense to buy it. The basic ingredients are simple—garbanzo beans, tahini, olive oil and a squeeze of lemon. This version is jazzed up with lemony artichoke hearts and lots of fresh garlic.

Warm the garbanzo beans to soften them up before you begin and use a food processor or a good blender for best, smoothest results. Enjoy your hummus on crackers, chips, crostini or fresh veggie slices.

Ingredients

15 oz. can garbanzo beans, with liquid

3 Tbsp. tahini* (see notes)

2 to 3 cloves garlic, finely chopped

About 1/2 cup marinated artichoke hearts*, drained and chopped

Juice of 1/2 lemon

Kosher salt and pepper

3 Tbsp. extra virgin olive oil

*Notes

Tahini is a paste made of ground sesame seeds. It is available in most larger supermarkets, usually in the same section as olives, or perhaps in the international aisle.

The artichoke hearts I used are from Trader Joe’s, and they are marinated in a blend of vinegar, sunflower oil and herbs. If you use plain hearts, consider punching up the flavor with a pinch of dried herbs (dill or oregano would be perfect). Either way, be sure to drain all excess liquid.

Instructions

Pour the entire contents of the canned garbanzo beans into a small saucepan. Heat over medium-low heat until mixture just begins to boil. Remove from heat and drain liquid off beans, but do not discard it (you will use a portion of it later during blending).

Transfer warm beans into a food processor or blender and pulse a few times to grind the beans into a meal-like texture. Remove the plunger or blender top cap to allow steam to escape. Scrape down sides of the processor bowl. Add tahini, garlic, artichoke hearts, salt and pepper. Pulse a few times to combine. Scrape down the sides again.

Turn processor on and run continuously while slowly pouring about 3 tablespoons of the can liquid into the processor. Blending slowly will help to emulsify the ingredients into a smooth blend. Add more or less of the liquid, depending on your preference for hummus consistency. Remember that the mixture will become firmer after chilling. Scrape down sides once more. Squeeze in lemon juice, taking care not to drop the seeds into the mixture.

Run processor continuously and slowly blend in about 3 tablespoons of extra virgin olive oil.

Transfer hummus to a bowl and refrigerate, covered, for up to a week.