

Hummus Dips

Recipe courtesy Dave Lieberman
See this recipe on air Sunday Mar. 04 at 9:00 AM
ET/PT.
Show: Good Deal with Dave Lieberman
Episode: Dave's Bean Feast

2 (15-ounce) cans chickpeas, drained and rinsed
1/2 cup extra-virgin olive oil, or more as needed, plus more for garnish
1/2 lemon, juiced
2 tablespoons roughly chopped fresh parsley leaves, plus more for garnish
2 cloves garlic, peeled
1 1/2 teaspoon salt
1/2 teaspoon dark Asian sesame oil
1/2 to 1 teaspoon ground cumin
12 to 15 grinds black pepper
1/4 cup water
Paprika, for garnish

Hummus: Chick-Pea Dip with Parsley and Pine Nuts

Recipe courtesy Gourmet Magazine
Show: Cooking Live
Episode: Summer Sensations

2 garlic cloves
1/2 teaspoon salt
1 (16-ounce) can chick-peas, drained and rinsed
1/3 cup well stirred tahini
2 tablespoons fresh lemon juice, or to taste
1/4 cup olive oil, or to taste
1/2 cup water, plus extra, if needed
2 tablespoons fresh parsley leaves
1 tablespoon pine nuts, toasted lightly
Toasted pita thins, as an accompaniment

On a cutting board mince and mash the garlic to a paste with the salt. In a food processor puree the chick-peas with the garlic paste, the tahini, the lemon juice, 1/4 cup of the oil, and 1/2 cup water, scraping down the sides, until the hummus is smooth and add salt, to taste. Add water, if necessary, to thin the hummus to the desired consistency and transfer the hummus to a bowl. In the food processor, cleaned, puree the remaining 1/4-cup oil with the parsley until the oil is bright green and the parsley is minced transfer the parsley oil to a small jar. The hummus and the parsley oil may be made 3 days in advance and kept covered and chilled. Divide the hummus between shallow serving dishes and smooth the tops. Drizzle the hummus with the parsley oil and sprinkle it with the pine nuts. Serve the hummus with the pita.