

TURKISH HUMMUS

T W O W A Y S

**Recipe by
Tuncay Alkan**

In my hometown of Antakya, Turkey, hummus is a staple of any restaurant meal and all family gatherings. I'll admit that I took for granted the neighbourhood "meze" (appetizer) shops selling freshly made hummus until I arrived in Canada and discovered that store-bought pre-packaged hummus was, well, not exactly hummus (sorry!). Perhaps as a way to feel connected to the country I'd left behind, I would spend at least one afternoon a week 'visiting' Turkey in the kitchen as I tried to recreate the hummus I craved. One jammed blender and several kilograms of chickpeas later, I succeeded.



ingredients

- 3 cups soaked chickpeas
- 1 tsp baking soda
- 1 tsp salt (divided)
- 1/4 cup chickpea cooking liquid
- 1/2 cup tahini
- 1/2 cup olive oil
- 1 lemon (juiced)
- 1.5 tsp cumin
- 1-2 garlic cloves

Optional:

- 1 tbsp vegan butter/margarine
- 1 tbsp pine nuts
- 1 spring dill or parsley
- 1 dill pickle, sliced
- 1/2 cup cherry tomatoes, sliced



directions

1. Soak 3 cups of dry chickpeas overnight (see tips section)
2. Place chickpeas in a large pot and cover with at least two inches of water. Add 1 tsp baking soda which will help separate the 'skins' from the chickpeas. Discard skins as they float to the top.
3. Turn the burner on high until water begins to boil, then reduce to medium heat, cooking until soft (approx. 15 minutes). Foam will gather at the top of the water - discard periodically.
4. Once chickpeas are done, turn off the burner and set aside 1/4 cup of the cooking liquid, ensuring it is free from any chickpea skins. Discard remaining liquid and fill the pot with cold water. Use your hands to stir the chickpeas to detach any remaining skins then discard water. You may need to repeat this step.
5. Drain water and place chickpeas in a blender (or food processor) and add tahini, lemon juice, cumin, salt, reserved chickpea cooking liquid and olive oil. Garlic cloves are optional.
6. Blend on low until all ingredients are combined. If they get stuck, use a blender safe stick to stir periodically until your hummus looks smooth. Switch to medium speed and blend for one minute, stirring if necessary.
7. If you aren't serving your hummus right away, transfer it to an airtight container and store it in the fridge for up to one week.
8. When you are ready to serve the hummus, place several large spoonfuls of hummus in the centre of the plate. Beginning in the middle, use the back of the spoon to create a well-shape by spinning the plate as you push the hummus outward.



directions (con't)

There are two popular ways of serving hummus in Turkey: "with butter" and "with olive oil." Naturally, the first option is richer and will need to be eaten relatively quickly so the topping is still warm (like an appetizer before dinner). The second option is more fresh-tasting and can be leisurely enjoyed (like at a potluck, as a snack, or packed for a picnic).

Hummus with Butter

1. Place 1 tbsp of vegan butter or margarine in a saucepan, heating on medium heat. Add 1 tbsp of pine nuts and constantly stir until the butter begins to sizzle and the pine nuts turn golden brown (it happens very fast, so watch out!).
2. Take the pan off the heat and use a spatula to pour the mixture into the middle of your hummus. Garnish the outer edges with sliced dill pickles and dill or parsley (optional).
3. Serve with toasted bread or warmed pita.



Hummus with Olive Oil

1. Slice tomatoes and dill pickles to a similar size. Arrange them along the outer edges and inner section of the hummus.
2. Sprinkle a pinch of cumin and drizzle some olive oil on top.
3. If you like a bit of heat, add some slices of spicy pickled peppers alongside the tomatoes and pickles, or sprinkle some chilli powder on top.
4. Serve with pita, crackers, or use as a dip for carrot sticks or cucumber.



tips

- Although you may be tempted to use canned chickpeas, using dry chickpeas is not only more economic, but also makes for much smoother hummus. Depending on how much space you have in your freezer, you can either prepare half the bag of chickpeas or the whole thing at once.
- To prepare chickpeas, soak them overnight in a large amount of room temperature water. Drain the water and set aside 3 cups for this recipe. The remaining chickpeas can be frozen in an airtight bag for use in other recipes.
- You can use a food processor to blend the chickpeas, but a blender tends to make creamier hummus.



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the #CookWithNCC
series on
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