

How to Make Hummus

With Cynthia from Down to Earth

[Music Playing]

Cynthia: Hi everyone! My name is Cynthia...

And today in our beautiful community kitchen...

At our Down to Earth store in Kapolei...

We're going to show you how to make a basic hummus.

It's actually one of our favorite recipes...

Because it's so easy to make...

It's super versatile...

You can put it dips, sandwiches, and wraps.

Ingredients in our hummus are...

Chickpeas (which are also known as Garbanzo beans).

You can buy them dried in our bulk section...

And cook it yourself at home.

You can also buy them canned (cooked already).

Our other ingredients are Olive oil...

Cumin....

Sea salt...

Tahini (which is ground sesame paste)...

And we also have some fresh squeezed lemon juice...

To brighten up our hummus...

First what you want to do is...

We're going to pulse our chickpeas in a food processor...

Until they are broken up.

So just add about two cups of chickpeas...

In your processor...

Cover it up and pulse it just a few times...

Just to break it up.

[Processing Sound]

Once you pulse your chickpeas and they're broken up like this...

We're going to add our Tahini...

When you use Tahini, you might need a knife to stir it up a little bit...

Just [because] it settles...

We're going to add that straight into our processor.

That's about half a cup of sesame Tahini.

We're going to add our third cup of Olive oil...

A quarter cup of lemon juice...

A quarter teaspoon of cumin...

And a quarter teaspoon of sea salt...

And we're going to blend them all together until its smooth and creamy...

If it's a little on the drier side while you're blending...

You might want to add a little bit of water to it.

[Blending Sound]

Take a look... it's pretty creamy but...

Might need to scrape it down...

Just to make sure that you get all your ingredients in there.

We're going to add just a little bit of water...

[Blending Sound]

And there you have it!

Easy hummus...

Ready to go...

Once you've blended up your hummus...

Make sure to give it a taste...

And if anything, you can always add a little bit more lemon...

Sea salt or cumin...

You can also add fresh herbs...

Fresh vegetables...

And also some garlic too if you want...

Drizzle it with a little bit of Olive oil...

Dash of smoked paprika or regular paprika...

And also a little bit of pine nuts...

Thanks for checking out our video today...

If you want to learn more...

You can visit us online at DowntoEarth.org

We also offer free cooking classes at all of our stores.

And you can also see a full schedule on our website.

Thanks everybody!

Check out the recipe on the Down to Earth website:

<http://www.downtoearth.org/recipes/dressings-dips-sauces/hummus> .