

ISRAELI-STYLE WHITE BEAN HUMMUS

Yield: 6 large servings, 12 small portions

Ingredients	Amounts
Great northern beans, dry, sorted	2 cup
Water	as needed
Onion, small	½ each
Garlic cloves, peeled and trimmed	4 each
Tahini paste	½ cup
Garlic, rough chop	1 Tbsp
Lemon juice	½ cup
Salt	2 Tbsp
Ground white pepper	¼ tsp
Ground cumin	1 tsp
Olive oil	2 Tbsp
Ice	1 cup

Method:

1. Soak beans overnight in water. Drain.
2. Add beans, 2 quarts water, ½ onion, and whole garlic cloves to a pot and bring to a boil. Simmer gently for 1.5 hours until fully cooked, skimming the foam at the top often.
3. When beans are fully cooked, allow them to cool in the cooking liquid before draining
4. Reserve some of the cooking liquid for processing.
5. In the bowl of a food processor, add the cooked beans with the cooked onion and garlic, raw garlic, tahini paste, cumin, lemon juice, salt and pepper.
6. With the machine running, add the olive oil, then the ice in 3 additions making sure it fully emulsifies between additions.
7. Use additional reserved cooking liquid if necessary to adjust consistency.

Variations:

With avocado and pesto as a sandwich spread.

With crispy fried white beans as a sauce.

With sundried tomatoes as a flavor variation.