



# Classic Hummus (Dry Chickpeas)



**No.** B-005-00

**Yield** 100 Portions

**Each Portion** 2 Tbsp (1 oz)

**Pan Size and Number** Steam-Jacketed Kettle, Food Processor

**Time** 1 hr 30 min.

## Appetizer

### Go for Green® Color and Sodium Codes

Green (Eat Often) Low Sodium

## Nutrition Facts

Calories 58

Carbohydrates 6 g

Sugars\* 1 g

Protein 2 g

Fat 3 g

Saturated Fat 0.4 g

Cholesterol 0 mg

Sodium 99 mg

Calcium 14 mg

Fiber 1.3 g

## Ingredients

Ingredient	Measure	Weight	Approx. Issue
CHICKPEAS, DRY	1 qt + ½ cup	2 lb	
WATER, FOR SOAKING DRY CHICKPEAS	1 qt + 2 cups	3 lb	
WATER, FOR COOKING CHICKPEAS	3 qt + 3 cups	7 lb 8 oz	
CHICKPEA COOKING LIQUID, RESERVED	2 cups	1 lb 1oz	
TAHINI	⅔ cup	6 oz	
OIL, OLIVE, EXTRA VIRGIN	¾ cup	5-⅔ oz	
JUICE, LEMON, FRESH	¼ cup + 2 tsp	2-½ oz	2-½ lemons

GARLIC, FRESH, PEELED	10 cloves	1- $\frac{1}{8}$ oz	1- $\frac{1}{3}$ oz
SALT	1 tbsp + 1 tsp	0.85 oz	
PEPPER, WHITE, GROUND	$\frac{1}{2}$ tsp	0.04 oz	

## Directions

- 1 In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe, this is critically important to ensure the safety of the food.
- 2 Pick through chickpeas thoroughly discarding any discolored peas or foreign debris (this is natural with chickpeas and other legumes). Rinse chickpeas well and drain. Soak peas in 3 lb (1- $\frac{1}{2}$  qt) cool water overnight; drain water from soaked peas; discard water.
- 3 Combine drained, soaked peas with 3- $\frac{3}{4}$  qt fresh water in a steam-jacketed kettle or stockpot. Bring chickpeas and water to a boil; reduce heat. Simmer the chickpeas, covered, for 1 hour and 30 minutes until the chickpeas are tender. Do not overcook. Drain chickpeas; reserving 2 cups of cooking liquid for use in Step 4. Reserve cooked chickpeas for use in Step 4. CP: Allow peas to cool in refrigerator for at least 15 minutes at 41°F (5°C).
- 4 Combine 3 lb (8- $\frac{1}{4}$  cups) cooked, chickpeas, 1 lb 1 oz (2 cups) reserved chickpea cooking liquid, tahini, olive oil, lemon juice, garlic cloves, salt and pepper in a food processor. Blend ingredients for 1 to 2 minutes until coarsely blended. Scrape down sides of food processor. This step and the next may have to be done in batches depending on food processor capacity (see Note 3).
- 5 Continue blending the hummus mixture for 1 to 2 minutes until all the ingredients are fully incorporated, smooth and creamy, scraping down the sides of the food processor if necessary.
- 6 Transfer hummus to chilled serving pans; cover. Refrigerate at 41°F (5°C) for at least 30 minutes to allow flavors to meld. CP: Hold for cold service at 41°F (5°C) or use as specified in other recipes.

### Recipe Notes

1. In Step 3, if the quick soaking method of preparing the chickpeas is preferred, combine the chickpeas with 9 lb (1gal + 2 cups) of water in a steam-jacketed kettle or stockpot. Bring peas to a boil for 2 minutes. Turn off the heat and cover for 1 hour. Return to a boil; reduce heat. Simmer the peas, covered for 1 hour and 30 minutes until the peas are tender. Do not overcook. Follow the remainder of Step 3.
2. In Step 4, recommend weighing the cloves of garlic rather than relying on count to ensure that the flavor intensity of the garlic is neither too strong nor too weak since garlic cloves can vary greatly in size.