



# ROUBA SHAHIN

MY JOURNEY WITH FOOD

Hummus E-Book

# All Things Hummus

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## How much things have changed.

I'm not sure when exactly hummus became so popular here in Australia and around the world, but now it seems that everyone is eating hummus.

When I would take it to school with me, my classmates would see it as a very exotic and unusual lunch. Today, you can find hummus in most supermarkets, though, for me, the homemade version still tastes the best.

## Your FAQ's Answered

### What is Hummus?

Hummus is the Arabic word for chickpea, which is part of the legume family.

In fact, the correct term in Arabic for this dish is hummus bi tahini which translates to 'chickpeas with tahini'.

Tahini is a sesame seed paste and the second most important ingredient of hummus. This is what brings out the nutty flavour that gives hummus its unique taste. Always use hulled sesame tahini. Unhulled sesame is bitter and, therefore, unsuitable for hummus.

### What are the main benefits of Hummus?

Hummus is bursting with antioxidants, minerals, nutrients and vitamins (including magnesium, vitamin c, calcium, zinc, vitamin B6 and potassium), which provide a comprehensive array of health benefits.

Chickpeas reduce the risk of several cardiovascular diseases, boost digestion and help maintain blood sugar levels.

### Is Hummus just a dip?

Definitely not! It may come as a surprise to many, but, in the Middle East, hummus isn't served as a dip at gatherings or on a side table for guests to pick at while waiting for the main meal.

On the contrary, hummus is a lovely accompaniment to many Middle Eastern dishes.

### What do you eat Hummus with?

Hummus is a meal in itself as it's full of protein. Traditionally, it's enjoyed with flat-bread or with beef and lamb at barbecues.

Before meat became popular in the Middle East, Hummus was eaten with wedges of raw onion, spring onion, radishes and fresh flat-bread.

### Is oil one of the ingredients of Hummus?

This is a common misconception. Oil isn't generally one of the ingredients of Hummus. Olive oil is only drizzled on top before serving. The ingredients of a delicious hummus are quite simple: **chickpeas, tahini, garlic, lemon juice and salt**. Nothing more, nothing less. Top-quality ingredients will help you prepare the best hummus.

### How is Hummus served?

There is no right way of serving hummus. It's normally garnished with parsley, olive oil, paprika or cumin. Pomegranates are also popular when in season, as they make the dish visually appealing. Sometimes Hummus is also seasoned with a sauce made of lemon juice and garlic and/or ground hot green peppers.

### Why can Hummus sometimes be bitter?

Some people complain about their hummus being bitter. This can definitely be a problem. Here are a few reasons why your hummus has a bitter taste:

- bad quality hulled tahini
- unhulled tahini
- accidentally blending the pip of the lemon





# Simply Hummus

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You might be thinking that this is yet another hummus recipe and you already know how this goes. Growing up in an Arab household, I've had my fair share of hummus - for breakfast, lunch, dinner or even as a snack - and I can tell you this is how hummus should taste.

Hummus is our version of mashed potato. Not only is it delicious, but it's also real food, made with simple and healthy ingredients. Simply hummus is my homemade recipe that can be whipped up in just 10 minutes. Once you try it, you'll never go back to the supermarket version. It's also cheaper and lasts for days in the fridge.

Even though I often make hummus with dried chickpeas, soaked overnight and boiled the following day, I'm also a big fan of canned chickpeas as it's faster, more practical and equally as delicious. You'll always find 5+ cans of chickpeas in my pantry in case of unexpected guests. If you prefer to make

your hummus the traditional way, you must try my mama's hummus recipe. It's the real deal.

What makes my hummus recipe unique is the fact that I always use ice when blending the ingredients. I've learned this great tip from my mother-in-law. Adding ice to the hummus mixture reduces the oxidising heat generated by the blender and causes more friction which results in a smoother, brighter paste. The food science fact you never knew you needed, am I right?

Finally, making the best hummus isn't just about having the right recipe. While there are specific quantities needed and clear steps to be followed, a great hummus can only be made with love. Good quality ingredients, an understanding of these ingredients and envisioning what the final product will look like are all factors that play a significant part in preparing this delicious meal.

## Want to tweak this delicious simple recipe?

- Add a teaspoon of harissa paste to give it depth and warmth
- Sprinkle some Ras-El-Hanout for a boost of flavour
- Use 1 tablespoon of natural yogurt instead of water





# Simply Hummus



## Ingredients

- 1 x 400 grams can chickpeas
- 4 tablespoons Tahini (hulled)
- 3-5 tablespoons lemon juice
- salt to taste
- 4 ice cubes
- 2-3 tablespoons water
- 2 cloves garlic crushed
- Sweet Paprika to garnish (optional)

### Step 1

Drain the water from the chickpea can and rinse.

Place all the ingredients in a food processor and blend for two minutes. Open the cover and scrape down the sides and continue to blend until the hummus is smooth (about 3-5 minutes). The longer you run the blender, the smoother it will be. Adjust seasoning.

### Step 2

Drizzle with olive oil and garnish with sweet paprika.

## Cook's Notes

\*1 ice cube = 1 tablespoon water

\*If your ice cubes are small, you may need to add 1-2 extra tablespoons of water.

\* If your ice cubes are big, use only a few or don't add the water.

\*If you have no ice cubes, substitute with water.



*As we say in Arabic, Saktan – enjoy in good health!*





# Mama's Authentic Hummus

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“Canned chickpeas are ok, but dry ones are tastier, easier to digest and better for you,” as my mama always says. She will only make hummus with dry chickpeas instead of canned ones because that’s how her mother used to make it.

My grandmother always soaked and boiled her chickpeas. She didn’t have a blender, so she used her mortar and pestle instead to crush them. She then added the rest of the ingredients using only her hands because cooking was all about the senses for her. My grandmother didn’t follow a recipe or use measuring utensils, but she always got it right. She had done this recipe countless times before and it had become almost second nature to her. She was what I’d call a real cook.

Even now, as an adult, I remember watching in awe as my grandmother would move effortlessly around the kitchen while creating the most delicious hummus I’ve ever tasted. Our grandmother’s cooking is always the best, as many of you already know.

My mama uses small dried chickpeas for her authentic hummus recipe as they have thicker shells and break down easier while cooking. This way,

## Tips for a tastier homemade hummus

- Add a teaspoon of bicarbonate soda to the chickpeas when soaking to reduce the boiling time the next day.
- Wash the chickpeas after soaking them thoroughly to remove the aftertaste.
- Use the liquid from the boiled chickpeas to enhance the flavour of your hummus.

you get a smoother texture that is more suitable for hummus when blending. Also, some chickpea varieties will give hummus a flowery texture.

The most crucial step for this recipe is soaking the chickpeas for 8-12 hours to get the freshest flavours and a creamy texture. If you want to make the best hummus and cut the time you spend in the kitchen in half, you’ll need to leave the chickpeas to soak with bicarbonate soda overnight. Otherwise, it will take up to 4 hours for the chickpeas to boil the following day.

Once chickpeas are boiled and ready, you should make the hummus straight away while the chickpeas are still hot. This whole process I’ve shared with you doesn’t only help you create a better-textured hummus, but it also increases the nutrients in the food itself, making it more digestible.





# Mama's Hummus



## Ingredients

- 1 cup dry chickpeas
- ½ teaspoon bicarbonate soda
- 4 tablespoons Tahini (hulled)
- 3-5 tablespoons lemon juice
- ½ cup reserved cooking water
- 2-3 cloves garlic
- salt to taste



### Step 1

Pour the chickpeas into a large tray. Go through them and look for any damaged ones or any small stones and remove them.

## Cook's Notes

\*It could take up to 4 hours for the chickpeas to boil if bicarbonate soda is not added.

\*Using the liquid from the boiled chickpeas enhances the flavour. You may need to add less or more



### Step 2

Wash the chickpeas well under running water until the water is transparent. Add bicarbonate soda and cover with water.

Soak overnight for 8-12 hours. The chickpeas will absorb most of the water and will double in size



### Step 3

Wash the chickpeas well and put them in a large pot. Cover with water and boil. Remove the foam and any peel that might float over the top of the water.

If you find the water drying up, add hot water as necessary.

Chickpeas are ready when they soften and they can easily be mashed between two fingers. This takes around 2 hours. Drain the chickpeas and reserve the cooking water.



### Step 4

Put the warm chickpeas into a food processor along with rest of ingredients and blend for two minutes. Open the cover and scrape down the sides. Continue to blend until the hummus is smooth. The longer you run the blender, the smoother it will be. If the hummus is too thick, add some more of the cooking water. Serve with olive oil and chopped parsley and a sprinkle of paprika.

*As we say in Arabic. Sahtan – enjoy in good health*





## Avocado Hummus

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If you love hummus and avocado, then you'll certainly love my super creamy and smooth avocado hummus recipe.

hummus recipes, but trust me when I say that this recipe is well-tested and the tastiest by far. My boys will vouch for that.

Avocado hummus is a healthy option for breakfast, lunch or just a quick midday snack. You can serve it with raw veggie sticks, crackers on toast (take a look at my easy seeded crackers recipe) or with any bread of your choice. I sometimes add chicken to mine and make it into a simple and wholesome dinner meal.

I used only one avocado for this hummus recipe to maintain its light texture. Also, to get this vibrant green colour, I added a handful of spinach and some lemon juice which prevents the avocado from oxidising too fast. This recipe tastes the best the day it's made, so if you're having guests over for lunch, you can prepare it in under 15 minutes.

I know that there are lots of different avocado





# Avocado Hummus



## Ingredients

- 1 x 400g can chickpeas
- 1 avocado
- handful baby spinach
- 2 tablespoons tahini (hulled)
- 3-4 tablespoons lemon juice
- 4 ice cubes
- 3 tablespoons water
- 2 cloves garlic roughly chopped
- salt to taste
- chopped avocado to garnish (see cook's note)
- 2 cherry tomatoes ¼'d to garnish

## Cook's Notes

\*If your ice cubes are small, you may need to add 1-2 extra tablespoons of water.

\*If you have no ice cubes, substitute with water.

\*Cut a small piece of the avocado out to use for garnish..

### Step 1

Drain the water from the chickpeas can and rinse.

Place all the ingredients in a food processor and blend for two minutes. Open the cover and scrape down the sides and continue to blend until the hummus is smooth (about 3-5 minutes). The longer you run the blender, the smoother it will be .

### Step 2

Drizzle with olive oil. Garnish with diced avocado and tomato.



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## Chili Avocado Hummus

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This recipe is my homemade version of avocado hummus but with a spicy twist. I love how growing up in Australia exposed me to various international cuisines and inspired me to tweak traditional Middle Eastern recipes and create new ones. Also, I've had the opportunity to experiment with new condiments and ingredients here while trying to bridge the gap between the two vastly different cuisines, Australian and Middle Eastern.

Between my husband and me, we have perfected this recipe. This chili avocado hummus has only simple, healthy ingredients: chickpeas, avocado, chili paste, garlic water, and lemon juice, and a touch of vinegar. It's both bold in flavour and acidic thanks to the generous amounts of lemon juice and vinegar.

What's different about this chili avocado hummus is that it doesn't have tahini. Instead, the avocado gives it a rich texture and the hint of chili provides the boost of flavour. Just add chili according to how spicy you prefer it to be. You can serve this as a dip drizzled with good quality olive oil and garnished with parsley or chili flakes (if you love spicy food).

Nevertheless, remember that hummus doesn't have to be just a dip. You can serve it under roasted or seared lamb and beef. It also pairs perfectly with falafel and incredibly well with tuna wraps. You can really use it in any wraps or baguettes.





# Chili Avocado Hummus

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## Ingredients

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- 1 x 400g can chickpeas
- 1 avocado
- 2-3 teaspoons chili paste
- 3-5 tablespoons lemon juice
- 4 ice cubes
- 3 tablespoons water
- 1 clove garlic crushed
- 1 teaspoon white vinegar
- salt to taste

## Cook's Notes

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\*If your ice cubes are small, you may need to add 1-2 extra Tbs of water.

\*If you have no ice cubes, substitute with water.

### Step 1

Drain the water from the chickpeas can and rinse.

Place all ingredients in a food processor and blend for two minutes. Open the cover and scrape down the sides and continue to blend until the hummus is smooth (about 3-5 minutes).

The longer you run the blender, the smoother it will be.

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## Musabaha Rustic Hummus

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This one is the ultimate winter dish to warm you up on a chilly day and a hearty breakfast option. Musabaha is a rustic hummus recipe that allows for many imperfections. The chickpeas are hand-mashed instead of blended, creating a moreish, nourishing dish perfect for the coldest winter nights.

Musabaha hummus is a simple Middle Eastern dish full of flavour. With its fragrant garlic, dry mint and tangy lemon, you cannot help but love it. Anyone can easily recreate this recipe by mashing the cooked hummus, adding natural yogurt, whole chickpeas, lemon juice and, most importantly, the pomegranate molasses. This savoury meal can be enjoyed with toasted pieces of bread.

Rustic hummus is the most common comfort food and a delicious mezze spread staple in Middle Eastern homes. However, its preparation might differ slightly across regions. Some people prefer to mash the chickpeas, looking for a slightly smoother texture, while others serve this dish with whole chickpeas, choosing the crunch. There is no right or wrong when it comes to making your own Musabaha rustic hummus. All that matters is how you enjoy it.





# Musabaha Rustic Hummus

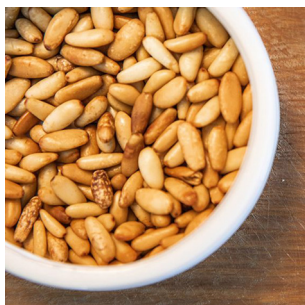


## Ingredients

- 1 x 400 can chickpeas
- 3 tablespoons olive oil
- 2 tablespoons pine nuts
- 2 cloves garlic crushed
- 1 teaspoon arabian spice
- 1 teaspoon dry mint
- ½ cup water
- 2 tablespoons natural yogurt
- 3-5 tablespoons lemon juice
- ground black pepper
- salt to taste
- handful coriander chopped finely
- pomegranate Molasses (optional)

## Cook's Notes

\*Cool the chickpeas before adding the yogurt.



### Step 1

Wash and drain the chickpeas.

Heat 1 tablespoons oil in a small saucepan over medium heat and fry the pine nuts until golden. Remove and drain on a paper towel.



### Step 2

Using the same saucepan heat the remaining 2 tablespoons of oil, and fry the garlic. Add chickpeas, Arabian spice and dry mint. Mix well, then add water.

Cover and lower heat. Simmer for approximately 10 minutes or until the chickpeas are softened.



### Step 3

Once the chickpeas are cooked and soft, roughly mash with the little remaining stock. Remember this dish is rustic. It doesn't need to be smooth.

Fold in the yogurt and lemon juice. Season with black pepper and salt.



### Step 4

Garnish with chopped coriander and pine nuts.

Drizzle with pomegranate molasses and olive oil.

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## Hummus Nutrition Facts



Each recipe is unique. This will vary slightly.

Calories 166

% Daily Value\*

Total Fat	10g	15%	
Saturated fat	1.4g	7%	
Polyunsaturated fat	3.6g		
Monounsaturated fat	4g		
Cholesterol	0mg	0%	
Sodium	379mg	15%	
Potassium	228 mg	6%	
Total Carbohydrate	14g	4%	
Dietary fiber	6g	24%	
Protein	8g	16%	
Vitamin A	0%	Vitamin C	0%
Calcium	3%	Iron	13%
Vitamin D	0%	Vitamin B-6	10%
Vitamin B-12	0%	Magnesium	17%

\*Per cent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<https://en.wikipedia.org/wiki/Hummus>



Much love

روزانی

*Rouba xx*



[hello@roubashahin.com.au](mailto:hello@roubashahin.com.au)