

HUMMUS BI TAHINI

(Adapted from James Beard, Beard on Food)

2 cans chickpeas, drained, washed, drained again

Approx. three-fourths cup juice fresh squeezed from lemons and/or limes

3 cloves garlic, peeled and chopped coarsely

One-half cup tahini

½ teaspoon dark ("toasted") sesame oil

Chipotle Tabasco to taste

Chop the chickpeas and garlic with the lemon juice using the steel blade in a food processor, adding more lemon juice or water if necessary to yield a creamy paste. Add the tahini and oil and blend until smooth and uniform. Check the taste and add Tabasco, if desired.

Store, covered and chilled, until ready to serve.