

Salt and Serenity

White Bean Hummus with Herb and Olive Salad

Recipe created by Sasha Marx, over at <http://www.cooksscience.com>

Makes 4 cups hummus, serving 8-10 as an appetizer

1 teaspoon kosher salt
¼ teaspoon baking soda
8 cups water, room temperature
1¼ cups white kidney beans, rinsed
½ cup lemon juice
⅓ cup water
4 garlic cloves, unpeeled
2 teaspoons kosher salt
⅔ cup tahini
¼ teaspoon ground cumin
¾ cup fresh parsley, chopped coarse
½ cup fresh dill sprigs, chopped coarse
½ cup kalamata olives, pitted and sliced thin
2 tablespoons plus 2 tablespoons extra-virgin olive oil, divided
2 teaspoons lemon juice
Kosher salt
2 tablespoons pepitas, toasted
2 tablespoons sunflower seeds, toasted
2 tablespoons white sesame seeds, toasted

1. Dissolve 1 teaspoon salt and baking soda in 8 cups water in large saucepan. Add beans, cover, and soak at room temperature for at least 8 hours or up to 24 hours. Bring beans (still in soaking liquid) to boil over high heat, skimming off any foam that rises to surface. Reduce heat to medium-low and simmer until beans are very tender (some beans will blow out, which is fine for this dish), 1 hour to 1¼ hours. Drain beans and set aside.
2. Pulse ½ cup lemon juice, ⅓ cup water, garlic, and 2 teaspoons salt in food processor until coarse puree forms, about 20 pulses. Transfer to small bowl and let steep for at least 10 minutes or up to 30 minutes. Strain lemon juice mixture through fine-mesh strainer back into processor; discard garlic. Add tahini to processor with lemon juice mixture and process until smooth and well combined, 45 to 60 seconds. Scrape down sides of bowl and add cumin and beans. Process until mixture is very

smooth, about 4 minutes. Season with salt to taste and adjust consistency with up to 2 tablespoons additional water.

3. Toss parsley, dill, olives, 2 tablespoons oil, and 2 teaspoons lemon juice together in small bowl. Season hummus with salt to taste. Transfer hummus to large, wide serving bowl and use back of large spoon to spread hummus up sides of bowl, leaving well at center. Place herb salad in center of the well. Sprinkle pumpkin seeds, sunflower seeds, and sesame seeds over top and drizzle with remaining 2 tablespoons oil. Serve with pita bread or pita chips.

Note: If you don't want to serve the hummus all at once, prep and dress only the amount of herb salad you need for that serving. Leftover hummus can be refrigerated in airtight container for up to 1 week.