Extra-Creamy Hummus (recipe makes just over 16 ounces of dip)



You can make extra-creamy hummus using **chickpea flour** instead of whole chickpeas. Look for the flour at specialty and health-food stores, or it is also sold at Indian groceries as “gram flour” and/or “besan.”

Ingredients:

1 cup **chickpea flour** , sifted

½ cup **tahini sauce**

3 tablespoons **olive oil** (plus 2 extra tablespoons – to make optional dressing)

2 lemons, zested and juiced

¼ teaspoon **cumin** **seeds (optional)**

¼ teaspoon **fennel seeds** (optional)

Crushed red-pepper flakes, to taste (optional)

Preparation:

Bring 2¾ cups of lightly **salted water just to a boil**. Whisk in the **chickpea flour** and cook 2 minutes. Remove from the heat and whisk in the **tahini**, 3 tablespoons **olive oil** and the **zest and juice of the lemons**. The mixture will thicken nicely as it cools.

To make a nice, spice-infused oil to drizzle over the hummus when serving, toast the **cumin** and **fennel seeds** in a skillet; add some **red-pepper flakes** and 2 tablespoons olive oil; sauté 30 seconds. Let cool before dressing the hummus with it.

Personally, I just like it with a little olive oil drizzled on it with some crushed red-pepper flakes and a little extra salt sprinkled on it.