

## **TABBOULEH HUMMUS PLATTER - Author: Maureen Abood**

**The key to smooth, luscious hummus is to make every ingredient the best it can be.** Peeled chickpeas are essential to the texture of your hummus, which you can get here. To skin your own canned or cooked chickpeas, sauté the chickpeas over medium heat with a touch of baking soda, then put them in a bowl with lots of water. Agitate and rub the chickpeas with your fingers and pour off the water with skins; repeat several times. Plate the tabbouleh and hummus and serve with crisp romaine leaves, little romaine gems, or thin pita bread—all of which can be torn and used to pick up the tabbouleh and hummus to eat.

---

### **INGREDIENTS**

#### **FOR THE HUMMUS:**

- 2 cups cooked peeled chickpeas (cook time for pre-peeled dry chickpeas is about 90 minutes)
- 1 clove garlic, green germ removed, minced
- 1/2 cup tahini, well-stirred before measuring
- 1/2 teaspoon kosher salt
- Juice of 1 lemon
- Chickpea cooking water, or water, as needed
- Extra virgin olive oil, for finishing

#### **FOR THE TABBOULEH:**

- 1/4 cup fine bulgur
  - 2 bunches curly parsley, washed, dried, picked from stems, and finely chopped
  - 1 large ripe tomato, seeds removed and finely diced
  - 2 scallions, thinly sliced
  - Handful fresh mint leaves, finely chopped
  - 2 tablespoons extra virgin olive oil
  - Juice of 1 lemon
  - 1 teaspoon kosher salt
  - Few grinds black pepper
  - 1 more tsp mint, salt, dried mint (handwritten note)
-

## **INSTRUCTIONS**

### **MAKE THE HUMMUS:**

1. In the bowl of a food processor, puree the chickpeas and garlic until a thick paste forms. Give this a full 3 minutes to get the chickpeas very well pureed. With the machine running, add the tahini, salt, and lemon juice. Taste and see if you'd like the hummus thinner or lighter. If so, slowly add cold cooking liquid or water, a tablespoon at a time, and process for 3 minutes, or until the hummus is very smooth. Taste and adjust with salt and lemon juice as needed.

### **MAKE THE TABBOULEH:**

1. In a small bowl, rinse the bulgur and barely cover with cool water. Set aside to soften while you chop the herbs and vegetables.
2. In a medium bowl, combine the chopped parsley, tomatoes, scallions, and mint. Add the bulgur, and season the salad with the olive oil, lemon juice, salt, pepper, and dried mint. Taste and adjust as needed.

### **ASSEMBLE THE PLATTER:**

1. On a beautiful platter about 12"- to 14"-inch platter, dollop the hummus on one side and create a well out of 3/4 of the hummus, leaving the center flat. Spoon the tabbouleh onto the platter, partially over the center of the hummus and filling the other side of the platter. Drizzle the hummus generously with olive oil, and dust with more dried mint. Serve immediately.