



LEVANTINE · MIDDLE EASTERN · UNIVERSAL VEGAN · DIP · SMALL PLATE
· TAPAS · VEGETARIAN MAIN

Hummus · The Levantine Method

Two chickpea-cooking tricks that nobody explains, one finish with ice water, and four ingredients that actually matter. The hummus that tastes like Jerusalem's Old City — not the gummy grocery stuff, not the over-tahini'd American version. The baking-soda bath + the ice-water blend are the two moves that separate this from every hummus you've ever made at home.

Protein None (chickpea-forward; naturally vegan)

Serves 6 - 8 as dip · 4 as small-plate vegetarian main

Difficulty Beginner-Intermediate

Active 20 min active

Total 1 2 h soak + 60 min cook + 10 min blend = ~1 3 h

THE STORY

The Two Tricks That Change Everything

Everyone makes hummus and it's almost always disappointing. Grocery hummus is gummy and over-salted. Home-made hummus is grainy or tastes like raw garlic. Restaurant hummus is inconsistent — sometimes luminous, more often blah. There's a silken, ethereal hummus that tastes almost like a chickpea-cloud on the tongue — the kind you eat in Tel Aviv, Jerusalem's Old City, or at a handful of modern Levantine restaurants abroad. Almost no home cook makes it. It's not a secret. It's two technique decisions that almost no US recipe explains.

Trick 1 — The Baking Soda Bath. Dry chickpeas, soaked overnight, get a 3-minute stove-top boil with a tablespoon of baking soda (1% of the water weight). The alkaline water breaks down the chickpea's outer hull. When you drain and cook them in fresh water for 45-60 minutes, the hulls slip off easily and the chickpeas become far softer than they'd otherwise be. No pressure cooker needed. Skip this step and your chickpeas will be grainy no matter how long you blend them.

Trick 2 — The Ice Water Blend. The hot chickpeas are blended with tahini, lemon, garlic, and a surprising amount of ICE WATER. Not warm water, not room-temp. Cold water — enough that the chickpeas + tahini + lemon form an emulsion with a fluffy, almost-whipped texture. The cold water does two things: (a) it stops the chickpeas from over-cooking during blending (friction heat from a high-speed blender can over-cook; ice water prevents this), and (b) it creates a true emulsion where the tahini oils + chickpea starch + water form a stable foam-like texture. The result is the ethereal mouthfeel.

Everything else is ingredients. Good tahini (Soom or Seed + Mill — Israeli brands, or the right Middle Eastern brands at Kimchi Mart); fresh lemon; one clove of garlic only (raw garlic ruins hummus fast — more than a single clove and the sulfur compounds dominate by minute 5); salt to taste. That's it. No cumin (ruin; not in traditional hummus). No paprika (over-garnished). No olive oil in the blend (it goes on TOP at service). Four ingredients that actually matter, one chickpea with the hull off, one ice water blend. Two tricks. Silken hummus.

This recipe connects back to [cocido-madrileño](#) ✓ — after the chickpea-intensive cocido dinner, you have cooked chickpeas leftover. A half-batch of hummus is the next-day dish that uses them. (Note: cocido chickpeas are usually *garbanzos lechosos*, the fat Spanish variety; they work but are less ideal for hummus than standard dried chickpeas because they have thicker skins. For serious hummus, start fresh with dried small chickpeas.)

Specs

<p>YIELD ~600 g hummus · 6-8 servings as dip</p>	<p>CHICKPEAS 250 g dry (makes ~600 g cooked)</p>	<p>KEY TRICK # 1 Baking soda bath: 1% of water weight, 3-min boil, drain</p>	<p>KEY TRICK # 2 Ice water in the blend: 100 - 120 g (adjust to texture)</p>
<p>DIFFICULTY Beginner-Intermediate ●●○○○</p>	<p>ACTIVE TIME 20 min (not counting overnight soak)</p>	<p>TOTAL TIME ~13 h (mostly passive)</p>	<p>KEEPS 4-5 days refrigerated (pressed-plastic wrap surface) · flavors improve day 2</p>
<p>TAHINI 30% by weight of cooked chickpeas (~180 g tahini for 600 g chickpeas)</p>	<p>KEY RULE One clove of garlic only; blend garlic with lemon juice first (10 min mellow) before adding to hummus</p>		

What Changed & Why

Two variables that actually matter: tahini quality + chickpea variety. Technique is identical across tiers. The ● Tier A (Everyday) uses standard dried chickpeas (Whole Foods bulk, Bob's Red Mill, or Publix) + Soom tahini (Whole Foods, Israeli producer, widely available). Produces a restaurant-quality hummus indistinguishable from any US-restaurant serving. The ● Tier B (No-Limits) uses heritage-variety small chickpeas (Rancho Gordo small domestic, or hand-selected from a Middle Eastern market) + Seed + Mill tahini (boutique Israeli producer, available via their online store) + summit-tier fresh lemon from local citrus tree or farmers market in winter. The tahini difference is substantial — Soom is good; Seed + Mill is sensory-depth that home cooks rarely encounter. If you invest in any single ingredient upgrade, upgrade the tahini.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
TECH	Soak chickpeas overnight, boil with kosher salt, blend with tahini + garlic + lemon	Baking-soda bath (3-min alkaline boil + drain) + cook in fresh water + blend with ICE water	The baking-soda bath removes the chickpea hull (the structural cellulose outer layer that makes hummus grainy). The ice-water blend creates a cold emulsion that doesn't over-cook the chickpeas during blending + produces the fluffy-silk texture. These are the two technique decisions that separate restaurant hummus from home hummus. Every US internet recipe either skips the soda bath or recommends pressure cooking instead (both work less well than the soda-bath + standard-boil approach).

CHANGE	ORIGINAL	UMAMI VERSION	WHY
ADD	—	One clove of garlic, minced + rested in lemon juice 10 minutes before adding to the blend	Raw garlic has a sulfur-compound (allicin) that develops aggressively in 5-15 minutes after mincing — the dreaded 'hummus tastes like raw garlic after 30 min' phenomenon. Resting the garlic in lemon juice for 10 min pre-softens the allicin without cooking it. The final hummus has garlic presence without the raw-garlic afterburn. Never use more than one clove for a batch this size.
ADD	—	Reserve the warm chickpea-cook-water for the blend (not throw it out)	The cooking water has some dissolved chickpea starch + alkaline residue from the baking-soda bath — it helps emulsify the tahini + chickpea blend. Use it in place of plain cold water for the first ice-water addition; top up with ice water to get the right texture. Restaurant-kitchen detail.
ELEV	Serve in a bowl with olive oil drizzle	Serve in a flat wide bowl with a well (spoon a small indentation in the center), pool 1 tbsp of good olive oil in the well, scatter Maldon + sumac or Aleppo pepper + a few whole chickpeas (reserved from the batch) + fresh chopped herbs	The bowl-with-well is the classical Middle Eastern presentation. The olive oil pools instead of running off. The whole chickpeas (reserved from the cooking) are a textural callback — the eater sees where the silken hummus came from. Restaurant-grade plating for a private-app kitchen.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
SKIP	Cumin in the hummus blend	No cumin. No paprika. No olive oil in the blend.	Cumin in hummus is a US-adaptation. Traditional Middle Eastern hummus is austere simple: chickpeas + tahini + lemon + garlic + salt + water. Adding cumin adds a flavor layer that competes with tahini's subtlety. Paprika belongs on top as garnish, not in the blend. Olive oil belongs on top, not in the blend — blending olive oil with tahini creates a harsh emulsion, whereas surface-drizzle delivers the oil's aroma + flavor to each bite.

What You Need

● Everyday

The Chickpeas

- 250 g (~1.25 cup dry) **dried chickpeas** — **Whole Foods bulk, Bob's Red Mill, or any Middle Eastern market** (see [sourcing/10-grains-legumes-flours](#)). *Not canned* — canned chickpeas have the wrong texture and can't be hulled. Dry is mandatory.

The Soak & Bath

- 2 L cold water for overnight soak (12+ h).
- 20 g (2 tbsp) **baking soda** for the alkaline boil bath — ordinary Arm & Hammer is fine.

The Tahini

- 180 g (~3/4 cup) **Soom tahini** — at Whole Foods, Israeli-producer, widely available. The consistency matters: tahini should pour thick-like but not be solid. Stir before using if separated.

The Sharpness

- 30 g (2 tbsp) **fresh lemon juice** — from 1 large lemon, seeds removed. Absolutely fresh, never bottled.
- 1 clove **garlic**, finely minced. ONE clove only.

The Blend Water (cold)

- 100-120 g **ice water** — from a small pitcher of ice-cold water. Adjust during blending to reach fluffy-silken texture.

The Seasoning

- 8-10 g (~1.5 tsp) **fine sea salt** — taste-adjusted at the end.

The Finish (at service)

- 1 tbsp **good olive oil** — in the well at service.
- Pinch of **Maldon salt** + pinch of **sumac** or **Aleppo pepper** — garnish.
- Reserved 10-12 whole chickpeas (from the cooking) — textural callback.
- Optional: 1 tsp chopped fresh parsley or mint leaves.

No Limits

The Chickpeas (Tier B)

- 250 g **Rancho Gordo small domestic chickpeas** or **heritage chickpeas from a Middle Eastern specialty market**. Smaller chickpeas have thinner hulls that slip off more easily in the baking-soda bath. Rancho Gordo is the premier US heirloom bean producer.

The Tahini (Tier B)

- 180 g **Seed + Mill tahini** (via seedandmill.com) — single-origin Ethiopian sesame, small-batch stone-ground. Sensory depth is substantial. Alternative: **Al Wadi / Soom Silan variety** for smokier profile.

The Sharpness (Tier B)

- 30 g **fresh lemon juice from a Meyer lemon** — if Miami winter (Nov-Feb) and you have a Meyer tree. The slight sweetness + aromatic floral notes elevate the hummus. Alternative: standard fresh Eureka lemon in other seasons.
- 1 clove **Las Pedroñeras DOP purple garlic** — if in season (La Jamoteca, winter). Subtle depth over standard supermarket garlic.

The Finish (Tier B)

- 1 tbsp **Rincón de la Subbética summit Arbequina EVOO** (see sourcing/11-oils-vinegars) — in the well at service.
- **Sumac from Kalustyan's** (single-origin, fresher) or **Aleppo pepper** from the same.
- Fresh **home-grown parsley or mint** — pot-on-windowsill Miami winter staple.

EQUIPMENT

Your Kit

- Large pot (4-qt minimum) — for baking-soda bath + cook
 - Colander + fine-mesh strainer — for draining
 - High-speed blender (Vitamix, Ninja) — for fluffy-silk blend; regular food processor works but produces coarser result
 - Kitchen scale — for chickpea / tahini / water ratios
 - Small pitcher of ice-cold water — for the blend water
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- Wide flat serving bowl (dinner-plate size)
- Plastic wrap for surface-press storage (cut to fit bowl) — prevents hummus crust

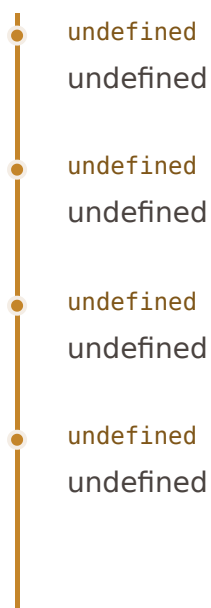
MISE EN PLACE

Before You Start

- Chickpeas pre-soaked overnight (12+ h) — drained, rinsed, ready at the pot.
- Baking soda measured + in a small cup at the stove.
- Fresh water (cool) in a pitcher, 1.5 L volume, for the second cook.
- Tahini jar opened + stirred if separated; scale + bowl ready to weigh.
- 1 lemon, juiced + strained of seeds into a small cup; 30 g weighed.
- 1 clove garlic, minced + resting in lemon juice 10 min before blend.
- Ice water: fill a small pitcher with water + a handful of ice cubes; let stand 5 min.
- Wide flat serving bowl on counter, ready for service.

MAKE-AHEAD

Timeline



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METHOD

The Cook

1 Phase 1 · Baking-Soda Bath — 3 minutes

1. Drain pre-soaked chickpeas. Rinse briefly.
2. In a large pot, combine drained chickpeas + 1 L water + 20 g baking soda.
3. Bring to a rolling boil. Stir gently; you'll see foam rising (this is normal — baking soda reacts with water).
4. Boil 3 minutes exactly. Stir once or twice.
5. Drain into a colander. Rinse thoroughly with cool water to remove baking-soda residue.



WHY THIS WORKS

Baking soda (sodium bicarbonate) creates an alkaline water (pH ~9). At high alkalinity, the chickpea's outer cellulose hull weakens — its pectin binders dissolve, and the skin becomes structurally ready to slip off during the cook phase. The 3-minute timeline is the sweet spot: long enough to soften the hull, short enough not to over-cook the chickpea interior.

2 Phase 2 · Cook — 45-60 minutes

1. Return the drained chickpeas to the pot. Add 1.5 L fresh, cool water. The chickpeas should be covered by 2 inches.
2. Bring to a boil, then reduce to a gentle simmer. Cover partially with lid (steam escape).
3. Cook 45-60 minutes, checking at 40 min. Chickpea should mash between your fingers easily but still hold its shape.
4. Some hulls will float to the surface during cooking — skim and discard.
5. When chickpeas are tender-soft, drain into a colander but reserve 100 g of the cooking water.
6. Also reserve 10-12 whole chickpeas for garnish — these won't go into the blend.



WHY THIS WORKS

The alkaline-treated chickpeas soften to an almost-mushable state in 45-60 min — faster than untreated (which can take 2 hours or require pressure cooking). The cooked interior is creamy and the hull has slipped or detached during cooking, floating to the surface. The cooking water has dissolved starch + residual alkalinity that helps emulsify the final blend.

3 Phase 3 · Garlic-Lemon Mellow — 10 minutes (parallel with cook)

1. Mince the garlic clove very finely (Microplane-grate for an even finer result).
2. Place the minced garlic in a small bowl. Add the 30 g of fresh lemon juice on top.
3. Let rest 10 minutes. The garlic will mellow — the pungent allicin compound is partly neutralized by the citric acid.
4. Do not skip this step. The raw-garlic afterburn in 'bad hummus' is almost always from skipping the lemon-rest.



WHY THIS WORKS

Alliin forms rapidly when garlic is cut — it's the defense compound that creates both garlic's distinctive flavor and its pungent bite. Citric acid (from lemon) partially neutralizes alliin via an acid-catalyzed reaction, softening the raw-garlic punch without eliminating it. The 10-minute window allows the reaction to complete.

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Phase 4 · Ice-Water Blend — 10 minutes

1. In a high-speed blender (Vitamix ideal; Ninja or food processor acceptable): add the cooked (warm/hot) chickpeas minus the reserved garnish.
2. Add 180 g tahini (scale it into the blender), the 30 g lemon juice + garlic (now 10+ min rested), and 8 g salt.
3. Add 50 g of the reserved chickpea cook-water (first liquid in).
4. Start blender on low, ramp to high.
5. Drizzle in ice water gradually (start with 30 g more, assess, add more). Total ice water needed: 60-90 g (on top of the 50 g cook-water).
6. Blend 90 seconds to 2 minutes at high speed. The hummus will go from chunky → smooth → fluffy-silken.
7. Target texture: pourable-smooth, slightly whipped-looking, no visible chickpea pieces. Like a cloud.
8. Taste. Add salt if needed. If too thick: add ice water 10 g at a time. If too lemony: add 20 g more tahini. If too bland: 2 g more salt + 5 g more lemon.



WHY THIS WORKS

Ice water during the blend maintains a cool temperature despite the blender's friction heat. Cool chickpeas + cool tahini + cool water emulsify into a stable foam-like texture. The tahini's oils + chickpea starch + water create a triple-phase emulsion — fats + carbs + water — that's remarkably stable. The cooked-chickpea water (with its dissolved starch) is a superior emulsifier vs plain water.

5 Phase 5 · Service — 5 minutes

1. Transfer the blended hummus to a wide flat serving bowl.
2. Use the back of a spoon to spread in a smooth layer, then create a circular well by pressing the spoon into the center and rotating outward.
3. Pour 1 tbsp of good olive oil into the well. It should pool.
4. Scatter: 10-12 reserved whole chickpeas · pinch of Maldon salt · pinch of sumac or Aleppo pepper · 1 tsp chopped fresh parsley or mint.
5. Serve immediately with warm pita, za'atar-topped flatbread, or fresh vegetables. Also excellent with naan-kamado (upcoming UMAMI-10) or master sourdough toast.
6. If storing: transfer to container, press plastic wrap directly on surface (prevents crust formation), refrigerate. Keeps 4-5 days; flavor improves on day 2.

WHY THIS WORKS

The well-and-oil-pool format is the classical Middle Eastern presentation. It's not just aesthetic — the oil pool visibly marks the hummus as 'this is the center,' and as guests scoop with bread they naturally sweep from edge to center, picking up garnish + oil + hummus in each bite. The textural contrast (soft hummus + whole chickpeas + crunchy salt + crisp bread) is the eating experience.

QUICK REFERENCE

Timing Cheat Sheet

STEP	TIME	CUE
Overnight soak	T- 1 2 h	250 g chickpeas + 2 L cold water
Drain + rinse	T- 6 0 m	Clean colander
Baking-soda boil 3 min	T- 6 0 m	Rolling boil, foam rising, stir gently
Drain + rinse thoroughly	T- 5 7 m	Remove baking-soda residue

STEP	TIME	CUE
Cook in fresh water 45-60 min	T- 5 5 m	Gentle simmer, check at 40 min
Garlic + lemon 10-min mellow	T- 1 5 m	Minced garlic + 30 g lemon juice; start timer
Drain chickpeas, reserve 100 g cook water + 12 whole	T- 5 m	Don't throw out the cook water
Blend: chickpeas + tahini + garlic-lemon + salt + cook water + ice water	T+ 0 m	Gradually add ice water to texture
Blend 90 sec - 2 min high-speed	T+ 2 m	Fluffy-silken texture; no visible chickpea pieces
Taste + adjust	T+ 8 m	Salt / lemon / texture
Transfer to bowl + create well + olive oil + garnish	T+ 1 5 m	Wide flat bowl, circular well
Service (or refrigerate)	T+ 1 5 m onward	Warm pita, vegetables, or sourdough toast

TROUBLESHOOTING

Emergency Protocols

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DEEP DIVES

Technique Notes

Universal: The Baking-Soda Bath (Alkaline Pre-Cook)

LEGUME TECHNIQUE · HULL-SOFTENING

The 3-minute alkaline boil with 1% baking-soda-by-water-weight is the single most-skipped step in US hummus recipes. It softens the chickpea hull, which is the structural source of graininess in finished hummus. Applies to any dried-bean + silky-finished-dish combination — chickpea hummus, fava-bean puree, white-bean-rosemary-puree, black-bean-crema. Not needed for soups/stews where the beans hold their shape (fabada, lentejas, chili — those want intact hulls). Universal when: texture target is silk. Universal skip when: texture target is whole-bean.

● **Universal: Ice-Water Blend (Cold Emulsion)**

MODERN KITCHEN · EMULSION TECHNIQUE

Using ICE water (not warm, not room-temp) in a high-speed blender produces a cold emulsion that's more stable + more texturally complex than warm blending. Applies to hummus, baba ghanoush, white-bean-puree, cold-soup purees (gazpacho sibling technique). The cold temperature prevents over-cooking via blender-friction heat + produces a whipped-foam texture the alternatives cannot match. Universal rule: when the blender will run for 90+ seconds on high speed, add ice water, not warm water.

● **Universal: The 10-Minute Garlic-Lemon Mellow**

RAW-GARLIC MANAGEMENT

Minced raw garlic + fresh lemon juice, rested 10 minutes before use, applies to: hummus, aioli (Spanish alioli technique differs; classical mortar-and-pestle style skips the rest), salsa verde, chimichurri, guacamole, cold-sauce family. Citric acid partially neutralizes allicin (the raw-garlic bite compound). Skipping this step is the #1 cause of 'this tasted fine for 10 minutes, then raw garlic took over the plate' complaints. Universal across any raw-garlic condiment where the dish will be eaten 30+ minutes after preparation.

● **Middle Eastern Foundation: The Four-Ingredient Discipline**

CLASSICAL HUMMUS COMPOSITION

Traditional Middle Eastern hummus is austere simple: chickpeas + tahini + lemon + garlic + salt + water. Everything else is adornment. Cumin is a US-adaptation. Paprika belongs on top. Olive oil belongs on top. Cayenne, turmeric, roasted red pepper, sun-dried tomato — all unnecessary additions that obscure the tahini's subtlety. The most elegant hummus is the simplest. This discipline extends to baba ghanoush (same 4-ingredient core), muhammara (similar discipline), and other Middle Eastern foundations.

● No Limits: Tahini Quality as the Primary Lever

INGREDIENT QUALITY · SINGLE BIGGEST VARIABLE

Tahini is 30% of the hummus by weight and the primary flavor carrier. Quality differences are substantial. Supermarket tahini (Joyva, generic) has roasted-sesame flavor but often a sour/bitter undertone from over-roasting or poor seed quality. Soom tahini (Israeli producer, Whole Foods) is a meaningful upgrade — cleaner, richer, more nutty. Seed + Mill (Israeli small-batch, via online) is the summit tier — single-origin Ethiopian sesame, stone-ground in small batches, with sensory depth that genuinely makes the hummus different. If you're going to invest \$5-15 more on a single ingredient upgrade, upgrade the tahini. The tahini difference registers more than the chickpea variety difference or the lemon variety difference. Restaurant kitchens that serve great hummus use great tahini.

● No Limits: Seasonal Garnish Rotation

HUMMUS PLATING · SEASONAL DEPTH

The classical sumac/Aleppo-pepper/parsley garnish extends to seasonal variants. Winter: pomegranate seeds (tart-bright-ruby against pale hummus), preserved-lemon zest curl, chopped Urfa Biber pepper (smoky-raisin). Spring: pickled ramps (when in season), wild-herb-salad (parsley + mint + sorrel), shaved-radish. Summer: charred-tomato-concasse + basil, roasted red bell-pepper strips, torn-mozzarella-di-bufala. Fall: roasted-delicata-squash cubes, toasted pepita seeds, crispy-fried sage. Seasonal rotation keeps a pantry staple feeling dinner-party-appropriate. Sub-3-minute assembly at service.

PAIRING

What to Drink

🔥 Application · Tapas Plate with Bread

Hummus + master-sourdough toast or (upcoming) naan-kamado or pita. Complete vegetarian starter course.


The universal hummus application. The bread + hummus + garnish format is the Middle Eastern equivalent of Spain's pan con tomate — a simple starter that's greater than its ingredients.

Application · Grilled Protein Accompaniment

Hummus as the base for grilled lamb (lamb-leg-sv-kamado) or grilled chicken; carved slices laid atop hummus with aceite verde streaks

The classical Middle Eastern main-course format — hummus is the base, the protein sits on top. A new application of the already-shipped lamb-leg-sv-kamado recipe.

Application · Post-Cocido Leftovers

Using the chickpeas remaining from cocido-madrileño  the next day, make a half-batch of hummus. Note: cocido chickpeas (garbanzos lechosos) are thicker-hulled than ideal — result is slightly less silky than fresh-made. Acceptable; save some cooked chickpeas from cocido specifically for this use

The Spanish-to-Middle-Eastern bridge. Uses what you have. 30-minute dish from leftover chickpeas.

Application · Shakshuka Pool

Spoon 2 tbsp of hummus into the center of a shallow bowl; crack a hot egg over it; serve with warm pita. North African breakfast plate.

Protein + legume + bread = complete breakfast. The hot egg melts slightly into the hummus; breakfast in 2 minutes from fridge components.

Beverage

Tier A: dry rosé (Commanderie de Peyrassol) · Tier B: Lebanese Château Musar blanc · Mint tea (hot, very sweet) for the Middle Eastern tradition

Light + crisp pairs hummus without overwhelming the tahini subtlety. Mint tea is the Middle Eastern tradition — the bitterness of black tea + the sweetness balances the chickpea richness.

Menu Ideas

The Mezze Table (6-8 guests)

Hummus centerpiece + pa-amb-tomaquet (Catalan-adjacent) + a bowl of olives + pickled Persian-cucumbers + warm pita. 30-minute mezze-style assembly entirely from pantry + 1 fresh vegetable.

Weeknight Vegetarian Main

Hummus base + one simple grilled vegetable (zucchini, eggplant, or a wedge of miso-glazed carrots from Batch 3) + a wedge of good bread. Complete dinner, 20 minutes active if the hummus is already made.

Saturday Brunch Spread

Hummus + shakshuka + jammy 7-min eggs + pita + a plate of fresh fruit. Middle Eastern brunch for 4-6. Prep hummus Friday, assemble Saturday morning.

Spring Dinner Party

Hummus with ramp-pickled garnish + grilled lamb (lamb-leg-sv-kamado) + a spring-vegetable side (asparagus, fava beans, artichokes). Mediterranean dinner arc for 6-8.

Gift Jar

400 g of fresh hummus in a wide-mouth pint jar, pressed-plastic-wrap surface seal + tape, labeled. Excellent host gift — practical and elevated. Keeps 4-5 days, improves day 2.

YOUR NOTES

Cook Log

Session Notes

Date: _____ · Serves: _____ · Rating: __ / 5

Use this space to record what you changed, what worked, and what you'd do differently next time. Your future self will thank you.



Stop following recipes. Start understanding food.

