From the Chef’s Corner @ Upper Meadows Farm

“UMF” Hummus

Makes approximately 1 pint

Wash all produce prior to using

16 oz    Cooked Garbanzo Beans (reserve 2 oz liquid)
2 T      Tahini paste (sesame)
1 T      Whole flax seed (freshly ground)
2 cloves “Upper Meadows Farm” fresh garlic
½ bunch “Upper Meadows Farm” fresh parsley
2 T      Olive oil
1 shot   Worcestershire sauce
1 T      Lemon juice
½ t      Sea Salt
¼ t      Cracked Black Pepper

In a food processor
Add garbanzo beans and tahini – Pulse until mixed
Add garlic – Pulse until mixed
Add olive oil, Worcestershire sauce and lemon juice
Pulse until smooth
Add parsley, salt and cracked pepper
Pulse briefly until combined
Check flavor and consistency
**Too thick (add reserved liquid)
Serve immediately or place in refrigerator

*Options to add**
“Upper Meadows Farm” – Sorrel, Basil, Cilantro, Thyme, Spring onions
Roasted peppers, Sun-dried tomatoes, Parmesan cheese, Olives or Artichokes

t – teaspoon
T – tablespoon

Jeffrey R. Perry CEC