

## Ginger and Kombu Hummus

submitted by Janet McElroy

Makes 3 cups

### Ingredients

- 2 cups cooked chickpeas with ginger and Kombu seaweed, drained and cooking liquid reserved
- 1/4 cup raw sesame tahini
- 2-3 cloves fresh garlic, minced
- 1/4 cup fresh squeezed lemon juice
- 1/4 cup extra virgin olive oil, optional
- 1/2 tsp salt
- 1/4-1/2 cup chickpea cooking liquid
- 2-4 Tbsp chopped flat leaf parsley

### Directions

1. Place all ingredients, except reserved cooking liquid and parsley in a food processor; include some of the softened Kombu and pieces of ginger from the cooked chickpeas.
2. Process mixture while slowly adding the reserved chickpea cooking liquid until mixture is smooth and creamy. Stir in chopped parsley. Add more salt, lemon juice, or garlic to taste.



## Ginger and Kombu Chickpeas

### Ingredients

- 2 cups raw chickpeas, soaked overnight, drained and rinsed
- 2-3 finger sized slices of fresh ginger
- 2 1" pieces of Kombu seaweed
- 6-8 cups water
- 1 tsp sea salt

### Directions

Place soaked, drained chickpeas, ginger, Kombu seaweed, and water into a large pot. Do not add salt at this point. Bring mixture to a boil, reduce heat to low, cover pot and simmer for 1 1/2 to 2 hours, or until beans are cooked through and very tender. Add the salt after chickpeas have begun to soften or about halfway through cooking. Allow the mixture to cool and use to make hummus..