

# Humus

- 1-1/2 cups dry chick peas
- water
- 4 cloves garlic, crushed
- juice from 2 lemons
- 1/4 cup minced parsley
- 1/4 cup minced scallions
- 3-4 tablespoons olive oil
- cayenne pepper
- black pepper
- tamari

Soak chick peas for a couple hours, then boil for an additional hour or two, until soft. Mash thoroughly, preferably with a blender, food processor, or other appliance.

Combine everything, til it tastes about right. Throw it in the refrigerator to chill.

Serves: 6 (with pita or veggies)

Preparation time: 60 minutes (prepare 6 hours in advance)

— [Subscriptions \(1\)](#)

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