



Trevor's Hummus

One of the freshest-tasting, and most delicious appetizers is also the easiest—seasonal vegetables such as radishes, asparagus and green onions served with tasty dips, which come in as many variations as warblers in the spring. This hummus is from Springsong's 2020 Guest Birder, Trevor Herriot: "We eat a lot of it when we are sitting at the cabin watching grosbeaks, orioles and hummingbirds at our feeders. And on car trips, too, when I drive the back roads looking at prairie birds."

INGREDIENTS

2 CUPS drained canned or home-cooked chickpeas (reserve the liquid)

½ CUP tahini (sesame paste), or less depending on your taste

¼ CUP extra-virgin olive oil, plus oil for drizzling

2 cloves garlic, peeled

Salt and freshly ground black pepper, to taste

1 TBSP ground cumin or paprika, or to taste

JUICE of 1 lemon, plus more as needed

CHOPPED fresh parsley or cilantro leaves for garnish

MAKES 1 CUP

METHOD

Put all ingredients except the parsley in a food processor or blender and process on low. Add chickpea liquid or water as needed to produce a smooth purée. Trevor likes his hummus rich with sesame paste. Add this last and taste as you go. If you can't get sesame paste, use a dash of sesame oil instead, or add some nut butter for a different taste—just be sure to warn any guests with nut allergies! If you cut back on the tahini, you may want to add a little Greek yoghurt to smooth the texture. Taste and adjust the seasoning.

To serve, swirl the hummus in a flat dish and drizzle with good-quality olive oil. Garnish with smoked paprika, chopped coriander, roasted pine nuts, pistachios, or Trevor's favourite—toasted cumin and sesame seeds.

Hummus recipes invite experimentation. This one is adapted from *The Best Recipes in the World* by Mark Bittman.

