



# TASTING TABLE

Recipe to accompany the article available at <http://TastingTable.com>.

## Fresh Garbanzo and Mint Hummus

Recipe adapted from Jill Davie

Makes 6 to 8 servings

1 tablespoon cumin seeds  
4 cups fresh garbanzo beans, steamed and shelled  
2 cloves garlic, smashed  
½ cup tahini (sesame paste)  
2 tablespoons chopped mint leaves  
¼ cup fresh lemon juice, plus more to taste  
Pinch of cayenne pepper  
½ teaspoon salt, plus more to taste  
½ cup hot water  
¼ cup extra-virgin olive oil, plus more for drizzling  
Crostini or pita chips, for serving

1. *In a small, dry skillet over moderately low heat, toast the cumin seeds until fragrant, about 1 to 2 minutes.*
2. *In a food processor, combine the garbanzo beans with the cumin seeds, garlic, tahini, mint, lemon juice, cayenne, ½ teaspoon salt and hot water. Pulse a few times until combined. With the processor running, add the olive oil in a steady stream until smooth. Season with additional salt and lemon juice as desired.*
3. *Drizzle the hummus with additional olive oil, if desired. Serve with crostini or pita chips.*