



# THE WEDNESDAY CHEF

## **Aran Goyoaga's Red Lentil Hummus**

From [\*Cannelle et Vanille\*](#)

*Makes 4 servings*

- 1 cup (185 grams) red lentils, rinsed
- 1 1/2 cups plus 2 tablespoons (360 grams) cold water, divided
- 2 cloves garlic, peeled
- 1/3 cup (120 grams) tahini
- 1 1/2 teaspoons fine sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon cumin
- 1/3 cup (75 grams) freshly squeezed lemon juice (from 2-3 lemons)
- 1/4 cup (55 grams) extra-virgin olive oil, plus more for topping
- Za'atar, for topping

1. Place the lentils in a small saucepan with 1 1/2 cups water and bring to a simmer over medium-high heat. Reduce the heat to low and cook for 10 to 15 minutes, or until the red lentils are tender and have absorbed all the water.

2. Transfer the lentils to a food processor with the garlic and process for about 3 minutes. Scrape the sides well, add the tahini, salt, pepper and cumin. Process for another 3 minutes. Scrape the sides again. With the machine running, slowly drizzle in the lemon juice and olive oil. Scrape the sides one last time, taste and adjust seasoning if needed. If

the hummus is too thick, you can add up to 2 tablespoons more water. Pulse a couple more times, then transfer to a clean bowl.

3. The hummus will still be warm. To keep a skin from forming as it cools, place a piece of plastic wrap directly on top of the hummus, pressing down to eliminate air bubbles. When ready to serve, remove the plastic wrap, smooth out the top artfully, sprinkle with za'atar and drizzle liberally with olive oil.