



# SPICE WORLD

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HUMMUS BI'TAHINEH  
**CLASSIC PALESTINIAN HUMMUS  
WITH TAHINI AND CUMIN**  
SERVES 4



# WHAT'S IN THE KIT?

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In each spice kit, you will receive all the spices and unusual pantry items to make this particular dish.

Please tag us on Facebook and/or Instagram with pictures of your recipes or email them to us at [info@acplwy.org](mailto:info@acplwy.org).

This kit includes:

- 1/2 cup tahini (sesame paste)
- 1 teaspoon cumin
- 1 teaspoon paprika

You will need:

- 1/4 cup dried chick peas
- 1 teaspoon baking soda
- One large lemon (for juicing)
- 1 or 2 cloves fresh garlic, to your taste
- Extra virgin olive oil
- Salt



# A BRIEF HISTORY...

Sat in the middle of Mediterranean and desert climates, Palestine is in the prime location for harvesting seeds, legumes, and spices (the oldest of which are largely found in the Middle East!). Palestine is actually the historic home of several popular ingredients and dishes like olive oil, za'atar, and the kebab. Over the last 4,000 years, the Palestine region has been controlled and/or colonized by more than 40 different empires, including Ancient Egypt, the Roman Empire, Great Britain, and Israel, making Palestine a major intersection of African, Asian, and European cultures. While these influences are certainly present in the area, the people of Palestine have great pride in their own cultural heritage, religious history, and, of course, the local cuisine.



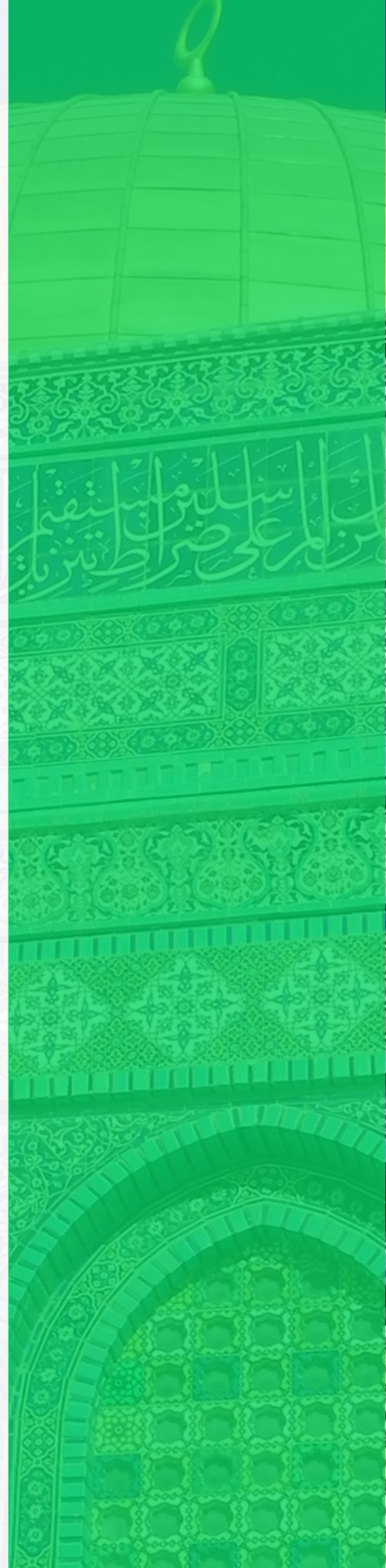
When the sovereign states of Israel and Palestine were established after World War II, the United Nations approved a 60/40 split of what was formerly called the Palestine Territory. However, the two states have been in conflict over their borders since then; while Palestine is its own state on paper, Israel's military occupation has made them the *de facto* governor.



Hummus is one of many foods that originated in the historic Palestine Territory. "Hummus" is actually Arabic for "chick pea," so any hummus brands that do not use chick peas are, in fact, bold-faced liars.



Tahini is a condiment made from toasted ground sesame seeds. It can be served as a dip but is often used as an ingredient in Mediterranean, Middle Eastern, and North African dishes like baba ghanoush and halva.



# RECIPE

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- 1/4 cup dried chick peas
- 1 teaspoon baking soda
- 1 teaspoon cumin
- 1 large lemon for juicing
- 1/2 cup tahini
- 1 or 2 cloves fresh garlic, to your taste
- 1 teaspoon paprika (garnish to your taste)
- Extra virgin olive oil
- Salt

# RECIPE

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1. Put chick peas and baking soda in a bowl, fill with water until chick peas are covered, and let soak for 4 to 8 hours until they are mostly soft.
2. Drain and rinse the chick peas, add them to a pot, and pour enough water to cover them again. Bring to a boil.
3. Once boiling, reduce heat and let simmer for another hour or so until they are very soft. Skim off any foam that forms and add more water as needed.
4. Drain and rinse chick peas again.
5. At this point, the chick peas should be soft and the skins should mostly be coming off. Keep rinsing them and running them through your hands as you do so to remove as many of the skins as you can.
6. Crush and chop the garlic.
7. Add the garlic, chick peas, tahini, lemon juice, cumin, and salt to a food processor or large bowl.
  - a. In a food processor, let run until everything is smoothly blended. Scrape down the sides of the processor from time to time to make sure everything is blended.
  - b. In a bowl, mix ingredients using a potato masher and a soft but sturdy spoon or spatula.
8. To serve, scoop it all into a bowl and garnish with paprika and olive oil with warm pita on the side.

## Sources:

Eat Palestine. "Hummus Bi'tahineh." Eat Palestine, 30 June 2018, [http://eatpalestine.com/recipes/hummus\\_bi\\_tahineh/](http://eatpalestine.com/recipes/hummus_bi_tahineh/).

Robinson, Daniel, et al. "West Bank." Israel & the Palestinian Territories, 9th ed., Lonely Planet Global Limited, Dublin, Ireland, 2018, pp. 261-265.