

GARLIC SCAPE HUMMUS

----- Recipe -----

INGREDIENTS

1	15 oz. can chickpeas
2 Tbs	garlic scapes (25g from approx 10 scapes)
1/3 cup	tahini (80g)
4 Tbs	cool water
2 Tbs	olive oil
1/2 tsp	ground cumin
3/4 tsp	salt
2 - 4	small garlic cloves
1/2	lemon, juiced

INSTRUCTIONS

1. Start by rinsing, and I mean really rinsing, your 15 ounce can of chickpeas. This will help loosen the hulls. Remove each hull from each chickpea; (thhis may take up to 10 minutes.)

Placed your rinsed, hulled chickpeas in a medium saucepan.

2. Trim the bulbil buds from each scape and set aside. Find the part of the scape neck that starts to get noticeably tougher and trim your scape there. Discard any tough bottom ends. Lay that trimmed scape next to the rest and trim all the remaining scapes to match.

Chop your tender scape pieces into 1/2 to 1/4 inch chunks. Place your scape bits in the pot with the chickpeas and cover with about 1 to 2 inches of water.

3. **Bring the pot to a boil** over medium-high heat, then **reduce to a simmer** and **simmer for 20 minutes**.
4. Grill the reserved baby garlic bulbil flower buds to use as a garnish as follows:



Preheat your grill to medium. Toss the bulbil buds in olive oil and sprinkle with salt and pepper. Make a foil pan out of aluminum foil. Arrange bulbils on the tray. **Grill each side for 3 to 4 minutes**, tossing regularly. Grill until each bulbil has at least one side that is deeply charred. (This may take up to 12 minutes on the grill, depending on how many bulbils you are grilling at once.)

5. Continuing with making the hummus:

In the bowl of a food processor, measure in your 1/3 cup of tahini, 4 Tbs of cool water, 2 Tbs olive oil, 1/2 tsp cumin, and 3/4 tsp salt. Peel and lightly smash your 2 to 4 garlic cloves and add them as well. Add the juice from half a lemon.

Purée until smooth.

6. Once your chickpeas and scapes have been simmering for 20 minutes, turn off the heat, strain the contents, and allow the contents to cool for at least 1 minute.

7. Add the cooked chickpeas and scapes to the food processor and purée again.

Continue to purée until very smooth.

You will most likely need to scrape down the bottom of the bowl once or twice.

8. Once blended and smooth, transfer to a bowl for garnishing and serving right away, or cover and store in the refrigerator for up to 1 week.
9. When serving, try garnishing with some swirls of olive oil and a few Crispy Grilled Baby Garlic Bulbils.
10. **Enjoy!**