

FOOD & DINING

Homemade hummus with truly unique taste



Hummus provides a delicious and healthy alternative to less nutritional dips. Versatile and available in various flavors, hummus can be whipped up at home for those who prefer to make their own dips. The following recipe for “Garbanzo-Carrot Hummus with Grilled Yogurt Flatbread” from James Campbell Caruso’s “España: Explore the Flavors of Spain” (Gibbs Smith) includes some Moroccan flavors that give this easy-to-prepare recipe a truly unique taste.

until the carrots are tender. Remove the pan from the heat and allow the carrots to drain and cool in a colander. Combine carrots and remaining ingredients, except for Yogurt Flatbread, in the work bowl of a food processor and puree until smooth. Season to taste with salt and pepper and garnish with the remaining cilantro. Serve with fresh, hot Yogurt Flatbread cut in wedges.

MOROCCAN SPICE BLEND

Makes about 2 tablespoons

- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 teaspoon saffron threads
- 1 teaspoon ground coriander
- 1 teaspoon ground cinnamon
- 1 teaspoon ground smoked paprika
- 1 teaspoon finely grated lemon peel

In a small resealable glass or plastic container, combine all of the ingredients.

YOGURT FLATBREAD

Serves 4

- 1 cup all-purpose flour
- 1/4 teaspoon baking powder
- 1 teaspoon coarse salt
- 2 1/2 cups plain yogurt
- Olive oil

Sift the flour, baking powder and salt into the work bowl of a stand mixer fitted with the dough hook. Add the yogurt and mix on low speed for 2 minutes. Cover the work bowl and allow the dough to rest at room temperature for 30 minutes.

Preheat a gas or charcoal grill to medium. Scrape the dough from the work bowl and turn it out onto a lightly floured surface. Roll the dough into a long log and divide it into 12 equal pieces. Roll each piece into a ball and use a rolling pin or tortilla press to flatten it into a 1/4-inch-thick tortilla shape. Brush each “tortilla” lightly with olive oil. Grill each for about 40 seconds then turn and cook another 40 seconds.

Garbanzo-Carrot Hummus with Grilled Yogurt Flatbread

Makes 2 cups

- 2 medium carrots, peeled and chopped
- Salt
- 1 cup cooked garbanzo beans, drained
- 4 teaspoons chopped cilantro plus 1 teaspoon for garnish
- 2 tablespoons chopped red onion
- 2 1/2 teaspoons ground cumin
- 1 1/2 teaspoons ground coriander seeds
- 2 tablespoons lemon juice
- 4 teaspoons olive oil
- 2 teaspoons chile flakes
- 2 teaspoons Moroccan Spice Blend (see below)
- Coarse salt and freshly ground black pepper
- 1 batch Yogurt Flatbread (see below)

In a medium saucepan, combine the carrots with 2 quarts water and 2 teaspoons salt. Bring the mixture to a boil then reduce the heat and simmer for 8 to 10 minutes,

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