

# EDAMAME HUMMUS

Serving Size: Appetizer for a group

## INGREDIENTS

- 1 Package, 14 ounce shelled edamame (frozen)
- ~1-2 Cloves of garlic (or more depending on size), thinly slice
- ~3/4 Cup Water or more, filtered if possible for best flavor
- 1 Tbsp Tahini
- 2 Tbsp Fresh squeezed lemon juice
- 1/2 Tsp Ground cumin
- 3/4 Tsp Diamond Crystal kosher salt (if using Morton's use less)
- 1/4 Tsp Ground black pepper

## DIRECTIONS

### Prepare the garlic and lemon juice

Peel the garlic and thinly slice and set aside. Rinse and slice the lemon in half and juice. Juicing half of the lemon should be enough but set aside the other half just in case.

### Prepare the edamame

Bring a 3 quart pot of lightly salted water to a boil. Add the frozen bag of edamame and bring back to a boil. Continue cooking until the edamame is soft in texture. Check for doneness after 3-5 minutes. When finished cooking, drain the edamame using a colander. Rinse with cold water to cool the edamame and drain. Now add this to the blender container.

### Add the remaining ingredients

Add the water, garlic, tahini, lemon juice, cumin, kosher salt, and black pepper. Blend until the garlic is fully incorporated and the desired texture is reached. (Add more water if the ingredients are not mixing.) Stop and taste at this point.

If happy with the texture and flavor, remove to a serving bowl or storage container.

If more garlic is needed and your texture is good, remove half of the edamame hummus from the blender container to a mixing bowl. This prevents over-blending the hummus. Now add the desired amount of garlic to the blender container and blend again. Check for garlic level and if happy, combine this with the hummus set aside in the mixing bowl. Finish making any final adjustments!

To adjust only the seasonings (not the garlic), it is always best to hand stir the remaining seasoning/spices in a bowl to preserve the texture.

**Tip:** If the flavor is extremely close, always add a sprinkle of salt first. This is always the best place to start before really committing to other seasoning/spices! :)

### Storing

This edamame hummus can be made ahead and stored in a glass container then placed in the refrigerator. Avoid using plastic as it may absorb the garlic smell. To get a better seal and keep your plastic lid safe, use a piece of foil over the container before securing the lid!

### Serving

Serve with pita chips or make your own chips using wonton wrappers! Enjoy!