



Hummus: And 65 Other Delicious & Healthy Chickpea Recipes

Avner Laskin

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Hummus by any name—chickpea, garbanzo bean, ceci bean, or even (in India) bengal gram—is delicious! Recipes from all over the world are collected here for 65 imaginative hummus and other chickpea dishes. They all start with the simple act of transforming dry chickpeas into any of 10 delicious hummus preparations, including Creamy and Smooth Hummus, Hummus with Fresh Herbs, Masbacha (warm, soft, whole chickpeas), and Roasted Garlic Hummus. From these basics (displayed in fine-dining photos) come 12 salads, 11 soups, 10 specialties (like falafel), and 19 entrées featuring chickpeas, ranging from stand-alone dishes like Cassoulet (Peasant Stew), Curried Chickpeas, and Couscous (a main course pasta) to feasts of Lamb Stew, Baked Chicken, Beef Casserole, and Sea Bass.

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