**Five Minute Hummus With Quick Tehina Sauce**

**By Michael Solomonov** *(from his cookbook “Israeli Soul”)*

Quick Tehina Sauce:

1 garlic clove

Juice of 1 lemon

1 16oz jar of tehina

1 tablespoon kosher salt

1 tablespoon ground cumin

1-1.5 cups of ice water

Hummus

2 (15 ounce) cans of chickpeas drained and rinsed

Preparation:

1. Make the Tehina Sauce: Nick off a piece of the garlic (1/4) clove and drop it into food processor

2. Squeeze the lemon juice into the food processor. Pour the tehina on top, making sure to

 Scrape it all out of the container (use a spatula) and add the salt and cumin

3. Process until the mixture looks like peanut-butter consistency (about 1 minute)

4. Stream in the ice water, a little at a time, with the motor running. Process just until the

 Mixture is smooth and creamy and lightens to the cooler of dry sand.

5. Make the Hummus: Add the chickpea to the tehina sauce and process for about 3 minutes,

 Scraping the sides of the bowls as you go, until the chickpeas are blended and the hummus

 Is smooth and uniform in colour.