

# Hummus with Lamb & Sumac (hummus kwarma)

a recipe from [www.maureenabood.com](http://www.maureenabood.com)

This recipe is for pre-peeled chickpeas, a discovery that for me is Thomas Edison-esque, a game changer for the finest hummus you can make and eat. Notice that the chickpeas are par-cooked and don't need to be soaked, but they do need to be cooked. This can be done in advance by a day or more; just refrigerate the chickpeas in their cooking liquid so they don't dry out until you're ready to use them. At that point, drain and reserve the cooking liquid. Serves 4-6 mezze.

1 cup pre-peeled chickpeas (they are dry and par-cooked)  
1 clove garlic, green stem removed, minced  
1 teaspoon salt  
¼ cup fresh-squeezed lemon juice  
½ cup tahini (stirred to incorporate the oil before measuring)  
1 cup chickpea cooking water (cooled) or cool water  
1 lb. lamb shoulder meat  
¼ cup lemon juice  
2 garlic cloves, center green sprout removed, minced or grated on a fine grater  
1 teaspoon salt  
2 tablespoons sumac  
1 tablespoon butter  
1 tablespoon olive oil  
¼ teaspoon cinnamon  
2 tablespoons toasted pine nuts  
½ cup chopped parsley (cilantro and mint are also nice)  
Olive oil for garnish

In a large pot, cover the chickpeas with water by a several inches. Cover and bring to a boil, staying close by so it doesn't boil over. Reduce the heat, remove the cover, and simmer on medium low heat until the chickpeas are very tender to the bite, with a creamy quality, 90 minutes to two hours. Add more water if it gets low throughout the cooking time.

Drain the chickpeas and reserve the cooking liquid, putting it in the refrigerator or freezer to chill it down quickly (or add an ice cube). Rinse the chickpeas with cold water to cool them down.

In the bowl of a food processor, puree the chickpeas and garlic until a thick paste forms (the paste will ball up a bit). With the food processor running, slowly add the tahini, salt, and lemon juice. Then slowly add cooled chickpea cooking water or plain cool water until the hummus is very smooth and light, holding back on a little water and tasting the hummus as you go. Adjust seasoning, adding more salt and

lemon if needed. Place the hummus in a bowl, cover, and refrigerate until ready to use. Bring back to room temperature for about 30 minutes before serving.

For the topping, chop the lamb shoulder into 1-inch pieces, cutting away excess fat and gristle. In a medium bowl, combine the lamb with the lemon juice, minced or grated garlic, salt, and 1 tablespoon of sumac. Stir well and let the mixture rest for 30 minutes and room temperature.

In a large sauté pan, heat the oil and butter over medium high heat until the butter foams up. Drain the meat and pat it lightly with a paper towel to remove the juices. Add the meat to the pan and sauté over high heat until the meat is completely browned and caramelized, 5-10 minutes. Season with 1 tablespoon of sumac and cinnamon. Taste and adjust seasoning (I often add more sumac and salt).

Spoon the hummus onto six or so mezze plates, spreading the hummus into a circle with the back of the spoon. Top the center of each with a big spoonful of the lamb. Sprinkle with pine nuts, herbs, and a drizzle of olive oil. Serve immediately with thin pita or flatbread.