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**The POWER of FOOD Productions:**  
**Culinary Skills for Optimum Nutrition**  
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### **CHEF DELL'AMORE'S HOMEMADE HEAVENLY HUMMUS**

#### **INGREDIENTS:**

Two 15.5 oz. cans drained and rinsed garbanzo beans (chick peas)  
2 large cloves of garlic, minced or sliced  
1/2-1 whole lemon, with the pulp  
1 tsp homemade (or store bought) tahini  
1/2-3/4 cup of ice cold water (one large glass of ice water)-very important  
Salt and black pepper to taste  
Toasted cumin seeds

#### **DIRECTIONS:**

Wash and drain 2 cans of chick peas and pour into NutriBullet or any high speed blender. Add tahini, minced garlic, 1/2 cup ice water, salt, pepper, cumin seeds and lemon juice.

Blend until smooth. To make slightly creamier hummus, add a little extra water. Serve with drizzled olive oil on toasted pita, apple wedges or assorted julienned vegetables- carrots, cucumbers, cauliflower, red peppers.

### **HOMEMADE TAHINI**

#### **INGREDIENTS:**

1-2 Tbs hulled sesame seeds, lightly, moderately or deeply toasted (reddish hue)  
1 Tbs extra virgin olive oil  
Optional: 1/2-1 Tbs toasted cumin seeds

#### **DIRECTIONS:**

Heat small sauté pan over medium-high heat. Get pan hot.  
Place sesame seeds in pan in an even layer. Heat 30-45 seconds and shake pan.  
Check to make sure seeds are not burning, but slightly toasting. Note aroma.  
Continue to toast, shaking or stirring seeds every 30 seconds.  
Toast thru until slightly brown, medium or heavily toasted so they appear reddish.  
Longer toasting delivers maximal flavor. Pull pan from heat and allow seeds to toast thru with heat of pan. Reserve in container dry or add to small blender with olive oil. Blend until consistency of an oily paste. Reserve in a glass jar for up to two weeks in the refrigerator.  
Same directions for toasting cumin seeds. Toast until aromatic.

