



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Miso Hummus with Crispy Onion Furikake

Creamy, smooth, and addictive, this savory hummus features an Asian flavor profile and protein-packed chickpeas.



INGREDIENTS

MISO HUMMUS

- ½ cup dried chickpeas
- 1 tsp baking soda, divided
- 2 cloves unpeeled garlic
- 2 tbsp + 2 tsp fresh lemon juice, or to taste
- ⅓ cup Chinese Sesame paste
- ¼ – ⅓ cup white/shiromiso paste
- 2 tbsp ice cold water
- ⅛ tsp ground cumin
- olive oil, or toasted sesame oil (for serving)
- furikake, crispy onion, optional (to serve)

CRISPY ONION FURIKAKE

- 1 tbsp white sesame seeds
- 1 tbsp black sesame seeds
- 2 tbsp crispy fried onion or shallots
- 2 tbsp bonito flakes
- 1 tbsp crushed toasted nori
- 1 tsp sugar of choice
- 1 tsp smoked sea salt

INSTRUCTIONS

MISO HUMMUS

1. Place chickpeas and 1/2 teaspoon baking soda in a medium bowl and add cold water to cover by 2 inches. Cover and let sit, at room temperature overnight, until chickpeas have doubled in size. Drain and rinse.
2. In a large saucepan, combine the soaked chickpeas and remaining 1/2 teaspoon baking soda and add cold water to cover by at least 2 inches. Bring to a boil, skimming if needed. Reduce the heat to medium-low, partially cover, and simmer until chickpeas are tender and squish easily between your fingers, about 45–60 minutes. Drain and set aside.
3. While the chickpeas are cooking, place the garlic, lemon juice, sesame paste, and miso in a blender or food processor and pulse until smooth. With the motor running, Add the ice water, 1 tablespoon at a time (it may seize up at first) until mixture is very smooth, pale, and thick. Add the drained chickpeas and cumin and process, scraping down the sides as needed, until very smooth, about 4 minutes. Thin with water if a looser consistency is needed. Taste and season with lemon juice, and cumin, as desired. Because you're topping with furikake, resist the desire to over season with salt or extra miso.
4. Scoop hummus into a shallow bowl and drizzle liberally with olive or toasted sesame oil. Top with a sprinkling of furikake. Enjoy with lots of crispy things to scoop up, or just with a spoon.

CRISPY ONION FURIKAKE

1. Mix all of the ingredients together. Use as a finishing salt/seasoning. Sprinkle onto hummus or other things that need a bit of jazzing up.

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