



Hummus is a **Levantine dip** made out of cooked and mashed **chickpeas** (UK; **garbanzos** in US English) blended with **tahini**, olive oil, lemon juice, salt and garlic. Its very name, 'hummus', comes from the Arabic word meaning 'chickpeas'. The earliest known recipe for a dish similar to hummus with tahini is recorded in a cookbook written in Cairo as early as the **13th century**. Hummus has been connected to the Ayyubid Sultan, **Saladin** (1137-1193 CE), as – according to some food historians – he was the first to prepare it. However, its basic ingredients – chickpeas, sesame, lemon, and garlic – had been eaten in the region for millennia, that is, well before Saladin reportedly combined them into hummus in the **1100s**. Even though chickpeas had been widely eaten in the region, and they had often been cooked in stews and other hot dishes, puréed chickpeas eaten cold with tahini do not appear before the **Abbasid period (750-1258 CE)** in Egypt and the Levant.



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