

Hummus with Miso

Ingredients

2 cups cooked garbanzo beans
2+ peeled garlic cloves
3 Tablespoons white or yellow or garbanzo miso
1 ½ -2 lemons
2 Tablespoons tahini
2-3 Tablespoon olive oil
salt and pepper to taste

Method

1. If using canned garbanzos, rinse them off under running water in a colander.
2. Peel garlic cloves and grate on a fine grater or mince before adding to the processor. This prevents finding hunks of raw garlic in the hummus.
3. Juice the lemons.
4. Put garbanzos, miso, garlic, lemon juice and tahini in food processor. Process until smooth. Add olive oil and process more. Adjust the texture with more olive oil and/or lemon juice until its a thick paste. You could also thin the hummus with yogurt or whey drained from yogurt or with a bit of brine from sauerkraut if you like more tang and beneficial flora.
5. Taste. Add salt if you like although probably not needed as miso is salty. Add pepper if desired.
6. At this point you could either store in a glass container in the refrigerator or ferment the hummus by moving it to a covered glass container and leaving to stand at room temperature for 12 hours before storing in refrigerator for up to a week.

Notes



You could use any probiotic culture such as whey, buttermilk or brine from fermented vegetables instead of miso. You'll need to start from scratch with this hummus as store bought hummus will not work well for culturing. Find the miso in the refrigerator case as shelf stable or dried miso does not have a live culture.

Source: [Makiko Itoh, justhungry.com](https://www.jsthungry.com) (Servings: 16 | Yield: 2 cups)