**Hummus in a day—using the (**[**Tatung**](http://www.tatungusa.com/products/51-multi-cookers)**) Multicooker**

Ingredients:

* 1 cup small Bulgarian **garbanzo beans**
* 1½ TBSP kosher **salt**
* Filtered **water**
* 6-8 cloves of **garlic**
* 1 cup raw/unprocessed **tahini**
* Juice of a small **lemon**
* ⅓ teaspoon **cumin**
* **Salt**
* Ground black **pepper**

Optional: Ingredients for garnish:

* **Olive oil**
* **Parsley**
* **Paprika**

***Note:*** *This method depends on your using your multicooker (a pressure cooker would work too, but I’ve not tested or timed) to soften the beans more rapidly than traditional methods.*

***Note:*** *To thicken, refrigerate hummus before serving.*

1. Clean beans thoroughly, stirring, rubbing, nitpicking, etc. Rinse in colander until water runs clear.
	* ***Optional Tip:*** *Cooking time is greatly reduced if you presoak the beans overnight: In a huge bowl, submerge beans in twice as much water as beans. Add kosher salt. Store overnight in a cool place.*
2. Start CPop. Stir occasionally. Lever should pop in **100** min. Don’t worry about the time if it is less/more:
Inner pot: Add **beans** (the rest will go in later) and triple the **water** as beans.
Outer pot: Fill with **water** to rim near top.
3. Each time it pops, use a fork to test beans for softness. If not easily falling apart at the touch of your fork, rerun the CPop.
	* To rerun, you’ll need to refill the outer pot. Note, this process may take all day (depending on factors such as recipe quantity, baking soda, presoak, etc.).
	* The 3rd time you run the CPop, add to the inner pot 2 peeled **garlic** cloves and give the pot a good swirl/stir.
	* Optional: The 3rd time you run the CPop, add your **baking soda**.
4. Let cool to room temperature. Then refrigerate (include all that inner pot water you thought you were going to chuck).
5. Transfer beans plus a bit of the cooked water into food processor. Chop about **2** min., or until desired texture is achieved. If too thick, blend more cooked water. If too watery, add a bit of tahini.
6. Gradually, add remaining ingredients (**garlic, tahini, lemon juice, cumin, salt, pepper**) and grind until desired texture is achieved.