

HARISSA RED LENTIL HUMMUS



YIELD: 50 servings (4 $\frac{1}{4}$ quarts or 9 lb, 5 oz)

SERVING SIZE: One #12 scoop ($\frac{1}{3}$ cup)

PREP TIME: 20 minutes, plus 6 hours chill time

COOK TIME: 30 minutes



HARISSA RED LENTIL HUMMUS

YIELD: 50 servings (4 ¼ quarts or 9 lb, 5 oz) | **SERVING SIZE:** One #12 scoop (⅓ cup) | **PREP TIME:** 20 minutes, plus 6 hours chill time | **COOK TIME:** 30 minutes

INGREDIENTS	WEIGHT	MEASURE	METHOD
Red lentils, dry OR Red lentils, cooked (start at step 3)	2 lb 10 oz	6 ¼ cups dry OR 12 ½ cups	<p>1. To cook lentils from dry: rinse lentils with cool running water in colander; no need to soak.</p> <p>Steamer: place lentils and water in a steamtable pan. Cover and steam for 20 minutes. Drain if needed. Cool properly.</p> <p>Steam jacketed kettle or large pot: combine lentils and water. Bring to a boil, then reduce temperature to simmer. Cook covered, stirring lentils gently and occasionally for 20 to 30 minutes until tender and cooked through. Take care to not overcook. Cool properly.</p> <p>2. When thin outer coat of lentil starts to separate, lentils are close to done.</p> <p>CCP: chill to below 41°F.</p> <p>NOTE: 12 ½ cups of cooked lentils is needed for 50 servings.</p>
Water, if using dry lentils		3 ½ quarts	
Tahini		½ cup	<p>3. Place all cooked, chilled lentils, tahini, harissa paste, olive oil, garlic, cumin, and lime juice in a food processor and puree until smooth.</p> <p>Alternately, place cooked, chilled lentils and remaining ingredients into a large container. Puree with an immersion blender.</p> <p>CCP: hold cold for service, below 41°F</p>
Harissa paste	3 oz		
Oil, olive		1½ cup	
Garlic, granulated		2 tablespoons	
Cumin, ground		1 tablespoon	
Lime juice		1 ¼ cup	

PULSE SWAP:

Hummus is traditionally made from ground chickpeas, but a variety of pulses can be used for vegetable dips.

- Quick-cooking lentils make a smooth and creamy dip. Select red, yellow, or black lentils for a vibrant colored hummus.
- White beans, such as cannellini or navy, make a creamy, delicious dip.
- Yellow split peas can be used to make a smooth and mild dip.

Meal Components per serving:

1 oz eq Meat/Meat Alternate

Approximate nutritional contribution per serving:

160 Calories, 8 g Total Fat, 1 g Saturated Fat, 0 mg Cholesterol, 15 mg Sodium, 17 g Total Carbohydrate, 3 g Dietary Fiber, 6 g Protein, 20 mg Calcium, 2 mg Iron.

COOLING: CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours.

Notes:

For a milder dip, use 3 tablespoons of Harissa paste.

Check the yield of the lentils procured. You need 12 ½ cups cooked lentils for 50 portions.

To serve as a power pack or grab-and-go, add 1 oz. cheese stick, flatbread, ½ cup fruit, and ½ cup vegetables.