

Grilled Artichoke Heart and Herb Pressed Sandwiches

Makes enough for 1 big sandwich or several individual ones

1 ½ cups cooked chickpeas, or one 15 ounce can, drained and rinsed
2 tablespoons tahini
2 tablespoons water
1 tablespoon olive oil
2 cloves of garlic, chopped
Juice from 2 lemons, about ¼ cup lemon juice
¼ teaspoon salt or a splash of umami plum vinegar
1 ½ cups chopped artichoke hearts, grilled, marinated or plain canned

½ a red onion, sliced into rounds
1 cup arugula
¼ cup torn mint or basil leaves, or a mix
Lemon zest
Olive tapenade, optional

One large loaf of bread like ciabatta or focaccia, cut in half lengthwise

Throw the chickpeas, tahini, water, olive oil, garlic, lemon juice, and salt into a blender or food processor and run that shit until it looks smooth. If you need more liquid to get that going, just add another tablespoon or two of water to the blender at a time until you get the consistency you want. Once you've got that done, it's time to sandwich.

Warm up your grill or grill pan to a medium high heat and lightly oil it to keep the bread from sticking. Spread a generous amount of hummus onto the bottom side of the loaf of bread then sprinkle over the chopped artichoke hearts. Gently press them into the hummus then cover with a layer of arugula and the torn herbs. Add some lemon zest, pepper, and a little lemon juice on top of the arugula and herbs. Place the slices of red onion on top of that whole delicious mess then spread a small amount of olive tapenade on the remaining half of the loaf, if using. Press the whole sandwich together and gently brush a little bit of olive oil on the top.

Place the whole sandwich directly on the grill and put something heavy on top like a cast iron pan or a couple of bricks wrapped in foil. This will help flatten out the sandwich and give it some great grill marks. Let this grill, with the lid closed, for at least 5 minutes on each side to get that bread nice and crispy. When both sides are grilled as hell, take the sandwich off and cut it up into big slices or individual bites. Serve right away.