



All about chickpeas





All about chickpeas. This is the first of three little booklets, each featuring a handful of recipes all using a single main ingredient – and more than a handful of mouth-watering photographs.

Peter and I first made a cookbook together a couple of years ago, for newly-wed friends of ours. We really enjoyed the process and wanted to do something similar again, if perhaps a bit less ambitious in scale. We settled on choosing one ingredient and showcasing a handful of tasty dishes using it in one way or another. This way we'd have some continuity, while also allowing for plenty of variation in cuisine and type of dish we'd be making and photographing.

Chickpeas, rhubarb, and tofu. Why these? Well, mostly because I both enjoy cooking with them and had already found or fashioned some favourite dishes using them. What slipped my mind was their aesthetic appeal – both tofu and chickpeas aren't the most visually exciting ingredients out there. Peter ably rose to the challenge, though, as I'm sure you'll agree perusing the following pages.



Personally, there are two reasons why I enjoy a little project like this. It compels me to do some culinary exploration. Sure, I have a handful of go-to dishes with chickpeas, or rhubarb, or tofu, but now I need to find three or four more which are worthwhile writing up and photographing for you guys. Of course, they can't all be variations on the same theme, so I end up trying out unlikely recipes which I otherwise wouldn't have gotten around to. The steamed chickpea flour cake in this collection is such a dish – sounds a rather dubious proposition at first, but turns out it is a dish both novel and tasty.

And naturally, the day or two of cooking, cooking, cooking, photographing and photographing, and getting various friends to consume the balance is great fun, too. Especially when we get lucky with the weather and have a sunny May day to spend on Peter's roof terrace. We'll include the appropriate cocktail as a bonus around here somewhere...

Enjoy!  
~Richard



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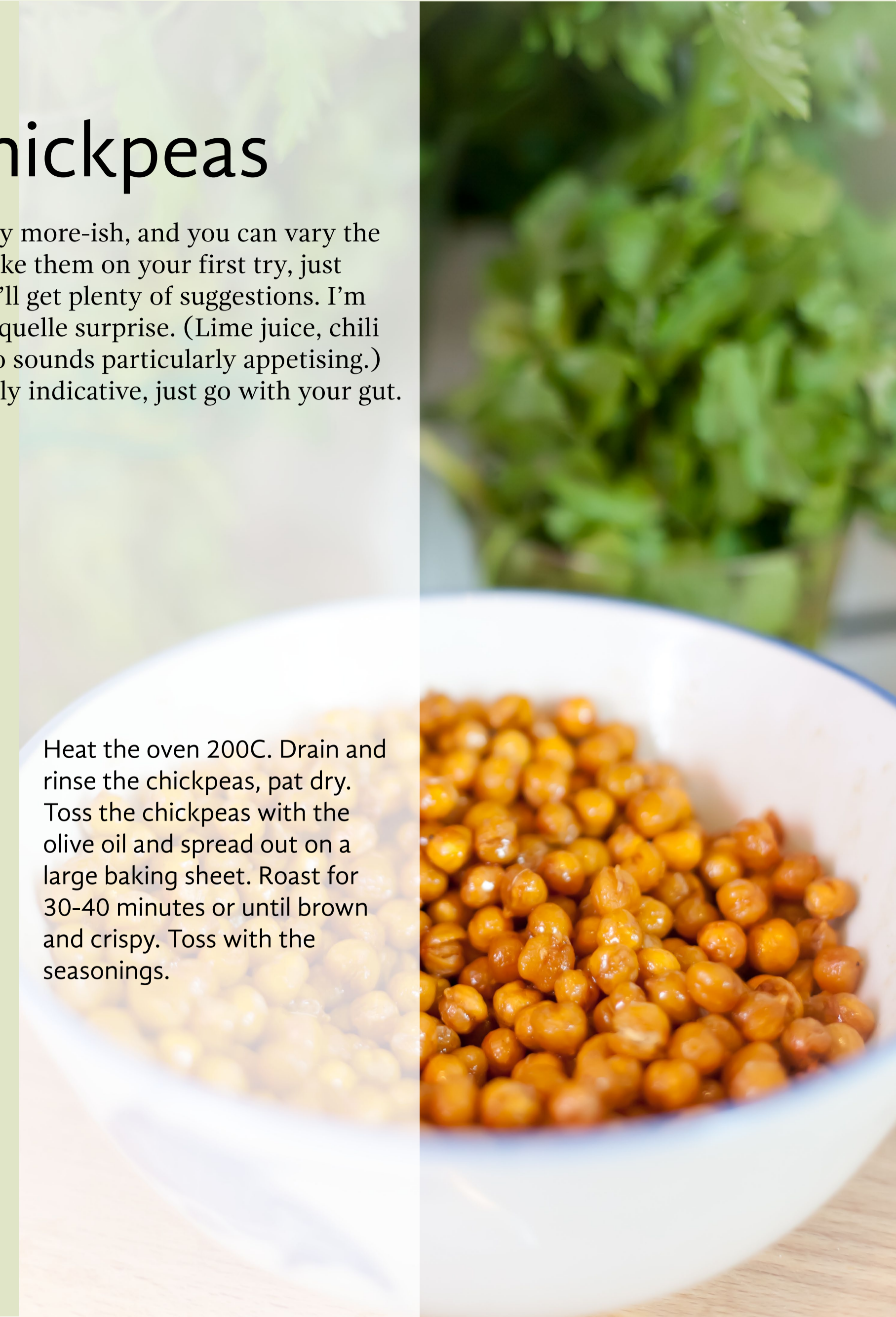
# Roasted Chickpeas

A good snack food. Surprisingly more-ish, and you can vary the seasonings endlessly – if you like them on your first try, just google the dish online and you'll get plenty of suggestions. I'm going with east asian flavours, quelle surprise. (Lime juice, chili powder, and coriander leaf also sounds particularly appetising.) The amounts are merely vaguely indicative, just go with your gut.

*serves 4*

1 tin chickpeas  
2T olive oil  
1T soy sauce  
1t sesame oil  
1/2t chili powder  
1/2t salt

Heat the oven 200C. Drain and rinse the chickpeas, pat dry. Toss the chickpeas with the olive oil and spread out on a large baking sheet. Roast for 30-40 minutes or until brown and crispy. Toss with the seasonings.





# Falaffel

When we were cooking and photographing the dishes, Peter and I couldn't help but eat all the falafel in one go. They have such a tasty balance of chickpea, herbs, and spices, slathered with a fresh tahini sauce.



Soak the chickpeas overnight.

Drain the chickpeas and place them in a food processor, along with the other ingredients and 2 tablespoons of water. Pulse until the chickpeas are finely ground. Roll about 1 tablespoon of the mix into balls between your palms.

Heat the oil to 180°C. Carefully deep fry the balls until golden brown, about 5 minutes for each batch. They will fall to the bottom and rise during the frying. Serve hot, covered in tahini sauce.



200g dried chickpeas  
1/2 medium-sized onion, quartered  
1t turmeric  
1t paprika  
1/2t ground cardamom  
1/2t nutmeg  
1/2t cinnamon  
1t ground cumin

1t ground coriander  
1t red pepper flakes  
1t baking soda  
1 clove garlic, peeled  
small handful of fresh parsley  
small handful of fresh coriander leaf  
1t salt  
~500ml vegetable oil for deep frying



# Tahini Sauce

Blend together, adding hot water to achieve the desired consistency.

3T tahini paste  
juice of 1 lemon  
1/3t cumin  
salt to taste  
1 clove of garlic, grated  
small handfull of parsley, chopped





# Minced lamb with chickpeas

What I particularly like about Indian dishes involving minced lamb is how they often turn out utterly succulent. You add spices and certain wet ingredients, leave the whole thing to simmer, and in the end the lamb is flavoured through and through and, well, utterly succulent. This dish, like most of these minced lamb dishes, only gets better after a night in the fridge, allowing the flavours to meld together completely. You could use canned chickpeas, but you'd lose some of the depth of flavour achieved by simmering the chickpeas with the spices and then using that liquid.

*serves 4*

## *To prepare the chickpeas*

100g chickpeas  
1 bay leaf  
1/4t asafetida  
2 cloves  
1cm cinnamon stick  
1t salt

## *To fry the chickpeas*

2T oil  
1T ginger, grated  
1T garlic, finely chopped  
1t ground chili pepper

## *For the lamb*

4T oil  
500g lamb  
1 onion, chopped  
1T grated ginger  
1T minced garlic  
1T ground coriander  
1 tin tomatoes  
4 green chilis, chopped  
1-2t salt  
2t amchoor (substitute  
lemon juice to taste)  
3T chopped coriander

Soak the chickpeas overnight. Simmer for 2-3 hours with 1.2L water and the ingredients from bay leaf to salt.

Fry the ginger and garlic, add the drained chickpeas, add 120ml of the chickpea liquid and the ground chili pepper, and simmer for 15-20min.

Fry the lamb until browned, add the onion, garlic, and ginger, fry until slightly browned. Add the tomatoes, coriander, chilis, salt, and 200ml liquid, if necessary. Simmer gently for 30min. At this point the lamb should be fairly dry – now add the amchoor. In a serving dish, layer the coriander on the meat on the chickpeas.





# Chickpea flour pancakes

This recipe makes two large pancakes. The pancakes are quite strongly-flavoured, and perhaps best enjoyed on their own, with some tea or masala chai, as a brunch or afternoon tea



*makes 2*  
150g gram flour  
1/2t salt  
1/2t chili pepper  
1/2t ajwain seed  
1 red onion, minced finely  
2" ginger, finely chopped  
4 green chilis, finely chopped  
5 garlic cloves, finely chopped  
2T coriander, finely chopped  
3T oil

Mix the flour and 250ml water. Add the other ingredients. (You could blend them together, except for the onion, but halve the amount of ginger you use in this case. Fry as you would a pancake, making sure the bottom is browned thoroughly.



# Kala chana with potatoes

The chickpeas and potatoes combine into a starchy stew, in the best possible meaning of those two words. The tamarind cuts through all this with a welcome sour flavour – substitute lemon juice if you can't find any tamarind to soak overnight and strain. Treat the dish as a curry, and serve as such. I would've liked to make parathas to go with them; the flaky, butterly flatbread should match this dish perfectly.

*serves 4*

180g kala chana (black / brown chickpeas)  
1 1/2t salt  
1/2t baking soda  
1 onion, chopped  
3 cloves garlic, chopped  
1" ginger, chopped  
3T oil  
1/4t asafetida  
1/4t cumin seeds  
4 potatoes, cubed  
1t ground coriander  
1/4t turmeric  
1t garam masala  
1/2 t chili pepper  
4-8T tamarind 'juice'

Soak the chickpeas for 24h with 1/2t salt, the baking soda, and 1L water. Blend the onion, garlic, and ginger with 50ml water.

Heat the oil, fry the asafetida and cumin for a few seconds, add the blended paste, and stir-fry for 5min.

Add the drained chickpeas, potatoes, coriander, turmeric, garam masala, 1t salt, chili pepper, and 400ml water. Simmer for 1 hour.

Add the tamarind juice to taste, add salt to taste, simmer for 5min, and serve.





# Lamb rump with spiced chickpea stew

This vegetable stew goes well with roast lamb of any kind – complex enough in its flavours to be enjoyable eaten by itself, it is not so bold that it will detract attention from the delicious lamb. If you don't have the cardamom pods, it's worth getting them to add that extra layer of flavour to the dish.



For the lamb, mix all the ingredients together, apart from the lamb. Score the rumps and rub all over with the mixture. Leave to marinate for at least two hours in a cool place.

Preheat the oven to 200C. Brown the lamb well in a hot frying pan, before placing in the oven to roast for 10-15 minutes. Leave to rest in a warm place for at least 10 minutes before serving.

Meanwhile, for the vegetable stew, heat the oil in a pan over medium heat and fry the bay leaves, cardamom pods and garlic cloves for one minute. Add the onions and fry until lightly coloured. Stir in the ginger and garlic and cook for a further two minutes, until fragrant. Add the coriander, chilli powder, cumin, turmeric, salt, tomatoes, potato, turnips and carrots. Stir well and simmer for 30 minutes.

Once the potatoes and other vegetables are tender, add the drained chickpeas. Cook for a further five minutes. Scatter the coriander over the stew and serve it topped with the lamb rump.



## *For the lamb rump*

2 garlic cloves, finely chopped  
2t ground turmeric  
2t ground coriander  
2t mild red chilli powder  
2t garam masala  
3T vegetable oil  
2 x 200g boned rumps of lamb

## *For the vegetable stew*

4 tbsp vegetable oil  
2 bay leaves  
2 green cardamom pods  
5 garlic cloves  
200g onions, sliced  
2t minced ginger  
2t minced garlic  
1t ground coriander  
1t red chilli powder  
1t ground cumin  
1t turmeric  
2t salt  
1/2 tin tomatoes  
1 large potato, cubed  
2 large turnips, cubed  
1 large carrot, cubed  
150g canned chickpeas, drained and rinsed  
handful fresh coriander, roughly chopped



# Steamed chickpea flour cake

The wildcard of the bunch. This is part of why I like doing this stuff – I would never have thought of trying this dish if I hadn't been searching for chickpea recipes to make. And it's a very unique, very tasty kind of cake. The chickpea flour makes for a fairly dense, slightly nutty cake, but it's the syrup which makes it special – the heat from the chilis is particularly surprising, but works wonderfully. Strongly recommended.

125g besan/gram/chickpea flour  
40g sugar  
1t salt  
1/4t citric acid  
1t baking soda  
  
4T oil  
1/2t mustard seeds  
1/4t asafetida  
6 green chilis, chopped  
1T sugar  
1/4t citric acid  
1/2t salt  
2T coriander, finely chopped



Get your steaming equipment ready, oil the bowl or tray you'll be using as a cake mold. Mix the cake ingredients with 175ml water, then add the baking soda. Beat until bubbles form, pour into tray, and steam for 30-45min or until the cake is set. Cut into squares.



For the syrup, fry the mustard seeds, remove from heat, and add the asafetida, chillies, and 150ml water. Add the sugar, acid, and salt. Return to heat and simmer into a light syrup, over a couple of minutes. Pour over the cake, sprinkle the coriander on top, and serve straight away.





# Chickpeas, Kale, and Chorizo

Ah chorizo. The chorizo dominates this dish, offset only partly by the sourness of the tomatoes and vinegar, the peppery parsley, and the slight bitterness of the kale. But I have no problem with that. A quick, one pan dinner, and keeps beautifully in the fridge to boot.



1 onion, diced  
1 horseshoe of chorizo,  
~200-250g  
1 clove garlic, minced  
2t dried thyme  
1 tin chickpeas  
1 tin tomatoes  
200g kale, sliced  
1-2T cider vinegar  
Salt, to taste  
Parsley, small handful,  
chopped

Fry the onion in some oil until browned. Halve the chorizo and slice into small pieces, then add to onion, fry for ~3min. Add garlic and thyme, fry until fragrant, and add the chickpeas and tomatoes.

Bring to a simmer and mix in the kale, in two batches. When the kale is tender, stir in the vinegar, salt, and parsley, to taste, and serve.





Enjoy!



The food



The photos

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