

CHICKPEA
COOK
BOOK

CHICKPEA COOK BOOK

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Preface

This ICARDA Internal Document was prepared by Lorna Hawtin (Mahmoud Rustom Building, Shahba Area, Aleppo, Syria. Tel. 18071). It is based on recipes appearing in various publications as well as some original ones. A bibliography is provided at the end of the book .

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INTRODUCTION

The earliest chickpeas found on the Hacilar site near Burdur in Turkey, have been estimated to be seven and a half thousand years old. It is not known if these were cultivated or collected from the wild but it is near this area of the fertile crescent that chickpeas are believed to have been first domesticated and from where the wild progenitor 'Cicer reticulatum' was recently discovered.

They have been found in pre-pottery Neolithic and, more abundantly, in the early bronze age deposits at Jericho. They have also been found at about the same time in Iraq and are known to have been grown at a later date in the hanging gardens of Babylon. In the late Bronze age chickpeas were found stored in large vessels on Crete and have been found on the fifth to sixth century B.C funeral pyres at Salamis in Cyprus.

During the last great period of the Egyptian pharaohs, referred to as the New Kingdom (1580-1100 B.C) the chickpea appears under the name 'falcon-face' in a list of plant names on a papyrus scroll text.

The Iliad by Homer (about 1000-800 B.C) provides the most ancient literary reference. The arrows of Helenus bouncing off the breastplate of Menelaos are compared with beans and chickpeas being thrown by the winnower.

In Ancient Gaul chickpeas appeared in vegetable soups at least as early as the seventh century B.C. Chickpeas and lentils were preserved in amphorae at Pompeii for export to the rest of the Roman world. Pliny reported that at festivals chickpeas were frequently thrown over the heads of people and were caught with much hilarity.

The botanical name for chickpeas is 'Cicer arietinum'. 'Arietinum' having been derived from Aries (the ram) and refers to the ram's head shape of the seed. 'Cicer' was the latin name for the crop and it has often been assumed that Cicero was so named because he had a wart on his nose the size of a chickpea. Whether or not this was the case, chickpeas are often connected with warts; the Italian 'ceci' means both a wart and a chickpea and the French 'pois chiche' served as a figurative synonym for warts. Touching a wart at new moon with a chickpea plant and then binding it with a linen cloth was considered to be one remedy for the complaint.

When Charlemagne was trying to restore productivity to lands ravaged by war, he ordered that chickpeas should be one of the vegetables to be planted on the pilot farms of his domains. When the Sicilian Vespers of March 1282 started a rebellion against the rule of Charles 1 of Anjou in which all identifiable Frenchmen were massacred, the French were betrayed by their inability to pronounce, 'ceci', (chickpeas).

Chickpeas would seem to be an unlikely food to be credited with aphrodisiac qualities nevertheless, there is an old

Arabic recipe for a stimulating potion to be taken just before bedtime in winter, made by heating the juice of powdered onions with honey and then adding crushed chickpeas and water. The perfumed garden also reports an amazing sexual exploit achieved after eating great quantities of chickpeas washed down with camel's milk spiced with honey.

Dondonaeus, writing in the sixteenth century also believed the chickpea to have aphrodisiac properties and he recommended that they should not be eaten by priests and scholars.

Nicholas Culpeper, the seventeenth century astrologer/physician wrote in his famous herbal of 1652 that chickpeas are "under the dominion of Venus, they are less windy than beans, but nourish more; they provoke urine, and are thought to increase sperm".

In India, the acid secretion of chickpea leaves is sometimes collected by spreading a cloth over the plants at night. The acid mixed with dew is wrung out and used medically & as a vinegar-early sanskrit writers mentioned it as an astringent.

A German writer in 1793 mentioned that ground roast chickpeas were the best substitute for coffee in Europe and are still used as such in several parts of the world.

Eastern Sicily has a dish made by putting chickpeas and hot pebbles in the same container and stirring them vigorously until the heat from the pebbles has cooked the chickpeas. This method of cooking suggests a pre-Neolithic origin-before the invention of fire-proof pottery. It would appear that chickpeas have been eaten by man since earliest civilization.

The recipes have been compiled and adapted from a wide variety of sources (see Bibliography) many of which I have personally tested and can strongly recommend.

AVAILABILITY AND PURCHASING GUIDE

There are two common types of chickpeas. Those with small, angular seeds which may be yellow, green, light brown or even black in colour and are known as 'desi' types and larger, more rounded or brain-shaped types which are normally beige/buff in colour, known as 'kabuli' types. The desi types are mostly found in the Indian sub-continent, Iran, Ethiopia and parts of central America whereas the kabuli types are commonly found throughout southern Europe, Western Asia, the Nile Valley, North Africa and South America.

They are available mainly dried whole or split. In parts of the world where chickpeas are grown they are frequently sold as the whole green plant from which the seeds are consumed fresh as a snack or the whole plant can be placed in a fire and the parched seeds eaten as a snack. They are also available tinned whole or as a puree. Chickpea flour is also available in some countries.

Chickpeas are also marketed under the names gram, Bengal gram and garbanzos.

NUTRITION

Dried chickpeas contain about 20% protein. The bulk of the seed is made up of carbohydrates-61% and 5% fat. It is a relatively rich source of lecithin and potassium and also has a small quantity of vitamins A, B & C.

100 g of chickpeas provide about 350 calories.

STORAGE

Dried chickpeas can be kept almost indefinitely. Tinned chickpeas last well for up to five years. Once cooked the chickpeas can be stored covered for several days in the fridge.

Basic Preparations Pick out any grit or discoloured chickpeas. Soak overnight in cold water, the following day, drain. Add cold water to more than cover. Bring slowly to the boil and simmer until tender (30-60 mins).

In the pressure cooker : bring to 15 lbs pressure and maintain for 10-15 mins.

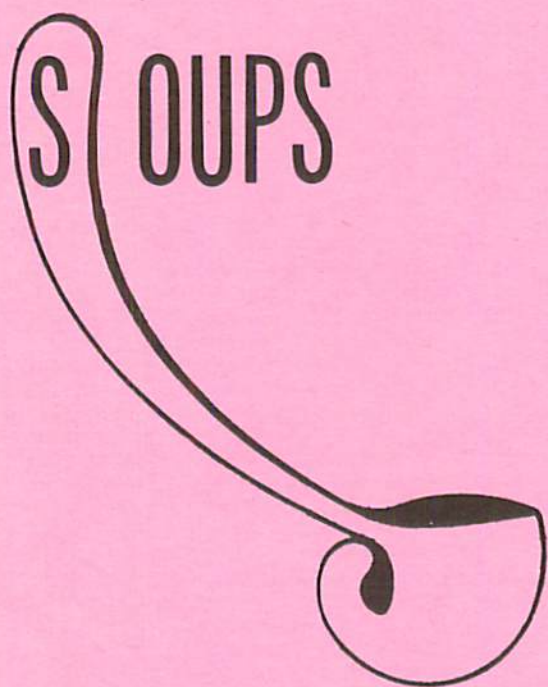
An alternative to soaking overnight : cover the chickpeas with cold water and bring to the boil, turn off heat and leave covered for one hour.

Many recipes specify that chickpeas should be cooked with 1 tsp baking soda-this was necessary to soften the older varieties of chickpeas but now no longer seems to be necessary.

1 tsp = 1 teaspoon = 5 ml.

1 tbsp = 1 tablespoon = 15 ml.

S OUPS



(SOPA DE PAUELA (CHICKPEA SOUP WITH GARLIC AND MINT) SPAIN

8 oz (200 g) chickpeas, soaked	6 tbsp olive oil
2 cloves garlic, crushed	Salt, freshly ground black pepper
3 tbsp chopped mint	2 slices of bread, crusts removed.
3 tbsp chopped parsley.	

Cook the soaked chickpeas in water until very tender, drain them but keep the cooking water, measure it and make up to 1½ pints (¾), if necessary.

Liquidize the chickpeas, garlic, mint, parsley and 3 tbsp of oil until smooth season to taste and reheat gently. Meanwhile make the bread into croûtons by cutting into cubes and frying it until golden in the remaining oil.

Serve sprinkled with croûtons.

CHICKPEA SOUP

4 oz (100g) chickpeas	2 tbsp olive oil
1 small onion, sliced	2 tomatos, skinned and chopped
1 clove garlic, crushed	pinch of dried rosemary
1 anchovy fillet, chopped	salt & pepper
½ green pepper seeded, cored and chopped	2 oz (50g) small noodles.

Soak the chickpeas overnight in cold water. The following day, bring to the boil in a pan with 2 pints (1 L) of cold water and cook until tender but whole. Strain and retain cooking liquor.

Fry the onion, garlic, anchovy and green pepper in olive oil until tender but not browned. Add the tomatoes and rosemary and simmer gently for about 10 minutes. Add to the cooked chickpeas and ½ pint (250 ml) of the cooking liquor. Add salt and pepper to taste and bring to the boil. Add the noodles and continue simmering until tender. Serve hot.

CHICKPEA SOUP

6 oz (150 g) chickpeas	½ lb (200 g) tomatoes
2 onions	4 tbsp olive oil
3 carrots	salt and black pepper
3 leeks	4 tbsp chopped parsley
3 stalks celery	

Soak the chickpeas overnight. Drain and cover with fresh cold water. Add 1 halved onion, 1 leek & 1 stalk celery and bring to boil. Simmer until tender. Drain, reserving the cooking liquor. Chop the remaining vegetables, keeping each kind separate. Heat the oil in a heavy pan and add the chopped onion. Cook gently until golden brown, add the chopped carrots, after a few minutes add the leeks then the celery. Skin the tomatoes, chop them & add to the other vegetables; when all are slightly softened reheat the chickpea stock and pour on. Bring to the boil and simmer for about 20 minutes. Add the chickpeas and bring back to the boil. Simmer for 5 minutes, grind coarsely. Reheat, adjust seasoning to taste, sprinkle with chopped parsley and serve.

ASH-E SHOL GHALAMCAR (CHICKPEA & HERB SOUP)

PERSIA

$\frac{1}{2}$ lb (100 g) chickpeas	$\frac{1}{2}$ lb (100 g) lentils
$\frac{1}{2}$ lb (100 g) kidney, pinto or navy beans	$1\frac{1}{2}$ tsp salt
1 large onion, chopped	$\frac{1}{2}$ tsp pepper
1 tbsp butter (or shortening)	100z (250 g) rice
$\frac{1}{2}$ tsp turmeric	$1\frac{1}{2}$ lb (600 g) mixed greens
1 lb (400 g) lamb shank	(e.g. leeks, green onion, parsley, coriander fresh dill weed etc.)

Soak chickpeas and beans overnight. Fry the onion in butter (or shortening) until golden brown. Add the turmeric, meat, soaked beans, lentils, salt pepper and enough water to cover. Simmer gently, covered, for one hour. Add the rice and chopped greens. Cook for another 30 mins stirring occasionally.

Serves 4-5

ASHE-E MAST (YOGHURT SOUP)

PERISA

1 large onion, sliced	4 oz (100 g) lentils
2 tbsp butter or shortening	7 oz (175 g) rice
½ lb (200 g) lamb shoulder of lamb shank	2 tbsp salt
2 oz (50 g) chickpeas	1 tsp turmeric
2 oz (50 g) haricot beans	¼ tsp pepper
	3-4 pts (4 L) water
	1 pt (500 ml) yoghurt

Soak the chickpeas and haricot beans in separate bowls overnight. Drain. Fry the onion in the butter (or shortening) in a large saucepan. Add all the other ingredients (except the yoghurt). Cover and simmer 1½ hours. Mince the meat and return it to the soup. Stir a few spoonfuls of hot soup into the yoghurt in order to warm it; then add the yoghurt to the soup, stirring gently.

MEXICAN CHICKPEA SOUP. (SOPA DE GARBANZOS COMPECHANA)

8 oz (200 g) chickpea	1 tsp turmeric
2 pts (1L) vegetable stock	3 tbsp butter or marg.
2-3 onions, chopped	2 tbsp flour
	Salt & pepper

Soak the chickpeas overnight in cold water, drain. Sauté the chopped onions in butter until golden brown. Mix the chickpeas, onions, turmeric and stock. Cook in the pressure cooker for 10-15 minutes at 15 lb pressure. Liquidize or pass through a food mill. Make a roux by melting 1 tablespoon butter, add the flour and stir round for a few minutes. Add it to the puréed chickpea mixture stirring continuously so that it does not become lumpy. Cook for a few minutes more. Season to taste. Serve in bowls with a little lump of butter added to each.

Serve 4.

MANTI CORBASI (LAMB SOUP WITH RAVIOLI)

TURKEY

1½ pints (1.5 lt) lamb stock

1 oz (25 g) chickpeas
soaked overnight

1-2 tbsp. tomato purée

Boil the chickpeas in lamb stock. Meanwhile prepare the manti, when the chickpeas are barely tender add the manti to the stock and simmer for 15 mins. Stir in the tomato purée before serving.

Manti dough

½ lb (200 g) flour

Salt

1 egg

Cold water

Sift the flour into a large basin with salt, make a well in the centre and break the egg into it, mix, adding enough cold water to make a dough. Knead well and set aside.

For the Stuffing :

1 lb (400 g) minced lamb

1 egg

1 large onion

black pepper and salt.

4 or 5 sprigs of parsley, finely chopped.

Grate the onion into the mince, add the chopped parsley, egg and seasoning. Knead well.

Roll out the dough as thinly as possible without breaking. Cut the dough into circles, put a spoonful of stuffing into the middle and fold into a little bag by squeezing the dough together at the top.



LAMB, CHICKPEA AND BROADBEAN CASSEROLE (DIZI)

IRAN

2 lb (1 kg) shoulder of lamb (and a few bones) in 1-inch pieces

1 lb ($\frac{1}{2}$ kg) lamb shanks in 2-inch pieces

3 onions, quartered

6 oz (150 g) dried faba beans } soaked overnight in cold water
6 oz (150 g) dried chickpeas }

salt and black pepper

1 x 15 oz tin of tomatoes or 1 lb ($\frac{1}{2}$ kg) peeled and chopped tomatoes

1-2 lemons

1 tsp. turmeric & 1 finely chopped onion

Put the lamb in the bottom of a heavy casserole then the quartered onions and top with the drained faba beans and chickpeas. Cover with water and season with salt and freshly ground black pepper.

Bring to the boil quickly, and skim off any scum or foam. Reduce heat and simmer for $1\frac{1}{2}$ hours. Add the tomato, lemon juice and turmeric cover and simmer for about $1\frac{1}{2}$ hours until the beans and chickpeas are tender but whole. Add more water if necessary; the ingredients should be covered with water throughout the cooking time. Adjust seasoning. Stir in the finely chopped onion before serving.

Serves 4.

CHICKEN CHILLI CASSEROLE

6 oz (150 g) chickpeas	6 carrots
1 onion, chopped	salt & pepper
3 oz (75 g) pearl barley	<u>for the souffle topping:-</u>
4 oz (100 g) green beans.	½ pt (250 ml) thick white sauce
3 tbsp. oil	3 eggs
2 tsp. chilli powder	1 oz grated parmesan cheese
½ cooked chicken	

Soak chickpeas overnight in water the following day cook until tender, soak the pearl barley separately and boil until cooked. Drain. Cook the carrots and green beans separately, drain.

Fry the onion and cooked green beans in oil for 5 minutes. Add chilli powder & stir for 1 minute. Remove the chicken flesh from the bone, chop and add to the mixture. Add the carrots, chickpeas, pearl barley and the salt and pepper. Bring to the boil and pour into a casserole.

For the souffle topping : beat the white sauce, egg yolks and cheese together. Fold in the stiffly beaten egg white. Spoon over the chicken mixture. Bake at 400° (Mark 6) for 25-30 minutes.

Serves 6.

HARIRA

NORTH AFRICA

This dish is eaten for breakfast in some homes.

2 oz (50 g) chickpeas	pinch of saffron
2 oz (50 g) lentils	1 lb (400 g) tomatoes
4 oz (100g) lean lamb, cubed	6 pints (3 l) water
1 medium onion, chopped	salt & pepper
2 tbsp. oil	juice of 1 lemon
1 level tbsp. chopped parsley	2 oz (50g) long-grain rice
1 level tbsp. paprika	2 oz (50g) plain flour

Soak chickpeas and lentils overnight in cold water. Heat oil in a large saucepan, add the cubed lamb, chopped onion, parsley, paprika and saffron; fry gently, stirring for about 5 minutes. Skin, de-seed and chop the tomatoes.

Drain chickpeas and lentils. Add tomatoes, chickpeas and lentils to the pan together with the water, seasoning & lemon juice. Simmer for 1½ hours.

Stir in the rice and continue cooking for a further 20 minutes until the rice is tender. Mix flour with a little cold water to form a smooth paste, stir into soup. Bring to the boil, simmer for 2-3 minutes, stirring. Serve immediately.

Serves 8.

COUS-COUS

N.AFRICA

1 roasting chicken, cut into large pieces.	1 oz (25 g) flour
$\frac{1}{2}$ lb (200 g) onions, sliced	$\frac{2}{3}$ pint (400 ml) chicken stock
$\frac{1}{2}$ lb (200 g) turnips, diced	2 tbsp. tomato purée
$\frac{1}{2}$ lb (200 g) courgettes, sliced	8 oz (200 g) cous-cous
$\frac{1}{2}$ lb (200 g) carrots, diced	1 tin (16 oz-400g) chickpeas
1 tsp. curry paste	1 tbsp. raisins
1 tsp. chilli powder	1 tbsp. blanched split almonds
1 tsp. curry powder	salt & black pepper
1 tsp. ground ginger	2 tbsp. cooking oil
$\frac{1}{2}$ tsp. saffron	

Saute the sliced onions with the chicken pieces in a large saucepan, until brown. Add all the seasoning, spices and the flour, stir well. Pour on the stock, mixed with the tomato puree and bring to the boil. Add sliced courgettes, and diced carrots and turnips, also half the tin of chickpeas. Simmer slowly for $1\frac{1}{2}$ hours.

Boil cous-cous (as you do rice), drain well and pile into a neat mound. Soak the raisins in a little boiling water until swollen, sprinkle on top of the cous-cous with the almonds and the rest of the chickpeas. Serve with the chicken stew.

variation: instead of chicken 2 lb (800g) of lean stewing lamb or a mixture of 1 lb (400g) lamb, $\frac{1}{2}$ lb (200g) beef and $\frac{1}{2}$ a chicken could be used.

CHICKPEAS CATALAN

1 lb (400g) chickpeas	2 tbsp. cooking oil
1 large onion, chopped	bunch of herbs (parsley, thyme, bay leaf, garlic)
1 carrot, sliced	
1 stalk celery, diced	1 small tin tomato puree
1 bacon bone with trimmings	garlic & parsley for garnish
1 sausage (a chirozo or any highly spiced continental boiling sausage)	1 tbsp. olive oil salt & pepper

Soak the chickpeas overnight. Drain. Put them in a large saucepan with plenty of fresh water, the chopped onion, the sliced carrot and the celery. Add the bacon bone and the herbs tied up in a small piece of cotton. Add 2 tbsp. of oil to the cooking water. Bring the contents of the pan slowly to the boil (skim, if necessary) and boil gently over a very low heat for 2 hours. Add the sausage. Boil for another 2-3 hours until the chickpeas are tender.

Drain the stock into a bowl, remove the herbs. Put the chickpeas, bacon etc. into a casserole. Mix the tomato puree with the cooking liquor, pour over the chickpeas, mixing well, adjust seasoning. Cover the casserole and cook in a moderate oven 325°F (or Gas Mark 3) for 1-2 hours. Add more stock or boiling water, if necessary. Quarter of a hour before serving stir in the finely chopped garlic and parsley & 1 tablespoon olive oil. Cut the sausage into chunks & cut the bacon off the bone. Serve with garlic bread.

TRIPLE WITH CHICKPEAS (Nohutlu Iskembe)

TURKEY

1 sheeps tripe (about 1 lb (400g)	½ lb (200g) chickpeas
2 strips of lemon peel	4 oz (100g) butter
3 cloves garlic, crushed	2 medium onions, sliced
salt	black pepper

Soak the chickpeas overnight in cold water. The following day, drain and cover them in fresh water, bring to the boil and cook until soft. Wash the tripe, put it into a large saucepan, cover it with cold water, bring to the boil and drain immediately. Chop the tripe in to small pieces and cover with fresh water. Simmer for two hours with 2 strips of lemon rind, crushed garlic and salt.

When the chickpeas and tripe are tender, fry the sliced onions in butter until they are transparent, add the drained chickpeas, the tripe (with about 1 pint or 500 ml of the cooking liquor) salt and plenty of freshly ground black pepper. Simmer for about 20 mins. Serve hot with paprika and chivies or a lemon and egg sauce.

Lemon & eggs sauce (Terbiye)

2 eggs	chicken stock
Juice of 1 lemon	salt and pepper

Beat the eggs, then continue to beat while gradually adding the lemon juice. Season and add about 2 tbsps stock (not boiling), mix well.

LUMPIANG UBOD (Stuffed Pancake with Palm Hearts) PHILIPPINES

Lumpia Pancakes:-

2 eggs	½ (250 ml) pint water
3 oz (75 g) cornflour	peanut oil

Separate the eggs and whisk the whites until very stiff, and fold into the lightly beaten yolks. Blend the cornflour with water, adding the water gradually to ensure smoothness. Stir thoroughly into the egg. Lightly brush the frying pan with oil and heat. Using 2 tablespoons of lumpia batter at a time, fry very thin pancakes. Tilt pan to spread the batter evenly, do not turn and do not allow the pancakes to colour.

To make the filling:-

2 tbsp oil	8 oz (200g) ubod (coconut palm hearts), shredded
1 clove garlic, crushed	
1 small onion, thinly sliced	6 oz (150g) french beans, shelled
4 oz (100g) parboiled lean pork, diced	1 carrot, shredded
2 oz (50g) ham, shredded	12 oz (300g) cabbage, shredded
4 tbsp. peeled chopped prawn	12 spring onions
2 oz (50g) cooked chickpeas	12 crisp lettuce leaves
	12 lumpia pancakes
	salt & pepper

Heat the oil and lightly fry the garlic and onion until soft. Add the pork and ham, cook, stirring for a few minutes. Add prawns and chickpeas and cook a little longer. Stir in the ubod, beans, carrot and cabbage. Season with salt and pepper.

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LUMPIANG UBOD ...2/cont'd

cover and simmer until the vegetable are just tender.
Drain and cool.

Wrap a portion of the filling and a spring onion
in a lettuce leaf and then in a pancake.

Serve with:-

Lumpia Ubod sauce:

½ pint (or more) chicken stock

1 tbsp. cornflour

3 tbsp. cold water

1-2 tsp. finely minced garlic

2 oz (50g) sugar

2 tbsp. soya sauce

Bring the stock to the boil with the sugar, soya
sauce and salt. Blend the cornflour with the cold water
and stir it into the stock. Simmer, stirring for 2-3 mins.
until the sauce thickens. Sprinkle the minced garlic on
the top. ;

CHICKEN WITH CHICKPEAS

MOROCCO

1 roasting chicken (about 4 lbs or 2 kg)	Juice of 1 lemon
2 tbsp corn oil	or more, to taste
1 onion, finely chopped	3 cloves garlic, crushed
1 tsp. turmeric	salt
½ lb (200g) chickpeas, soaked overnight	black pepper or a pinch of cayenne

Heat the oil in a large saucepan and fry the chopped onion until soft and golden. Stir in the turmeric. Add the whole chicken, turning frequently until yellow all over. Add a pint of water (just over ½ lt.), the soaked and drained chickpeas, lemon juice and garlic. Season with salt and black pepper (or cayenne). Bring to the boil, cover and simmer gently for about 1 hour until the chicken is tender and the chickpeas soft. Check the seasoning and serve jointed.

SHAMI-E ARD-E NOKHOCHI

PERSIA

(Chickpea Patties)

9 oz (225g) chickpea flour	$\frac{1}{2}$ tsp pepper
1 teacup cold water	$\frac{1}{2}$ tsp saffron
1 lb (400g) lean ground beef	$\frac{1}{2}$ tsp cinnamon
2 large onions, grated	$\frac{1}{2}$ tsp nutmeg
1 tsp salt	$\frac{1}{2}$ tsp baking soda

Mix the chickpea flour with the water and add it to the meat together with the onions, salt, pepper, saffron, cinnamon, nutmeg and baking soda. Knead well and shape into patties, press a hole through the centre of each to ensure even cooking. Melt the butter and fry the patties on both sides until brown. Serve hot or cold.

Serves 4-6

KOOFTEH-YE NOKHOCHI

PERSIA

(Chickpea flour meatballs)

2 large onions	2 tbsp butter
1 lb (400g) lean ground beef	1 tin chickpea broth
1 tsp. salt	2 fl (50 ml) lemon juice
½ tsp. pepper	3 tsp sugar
12 oz (300g) chickpea flour	½ tsp saffron

Grate 1 onion and mix it with the ground beef. Add the salt, pepper and the chickpea flour, work the mixture with the hands until smooth and elastic. Shape into large balls.

Slice the other onion and saute it in the butter until golden brown. Add the meatballs and saute until brown. Add the chicken broth, lemon juice, sugar and saffron. Cover and simmer gently on top of the stove for 1 hour (or bake covered in the oven for 1 hour or more at 350°F, turn once).

KOBI CHANNA DHALL CURRY (Cauliflower &
chickpea curry)

INDIA

1 cauliflower, cut into flowerets	$\frac{1}{2}$ tsp chilli powder
2 oz (50g) fat	$\frac{1}{2}$ tsp ground turmeric
1 tsp salt	$\frac{1}{2}$ tsp curry powder
3 oz (75g) chickpeas	2 tbsp. dessicated coconut
2 onions, finelly chopped	juice of 1 lemon

Fry the onions in fat for about 5 mins. Add the cauliflower and chickpeas (which have previously been soaked overnight and cooked until just tender) and all the spices along with the dessicated coconut and the salt. Pour in 1 tea cup of water and cook gently until the cauliflower is cooked. Stir in the lemon juice.

Serves 6.

SHAMI KABAB

PAKISTAN

1 lb (400g) finely ground mince	4 cardamoms
2 small onions, chopped	8 black peppercorns
3 oz (75g) chickpeas, soaked over-	1 egg, beaten
4 cloves night	salt & pepper

Mix the minced beef, chopped onions, soaked and drained chickpeas, the cloves, the seeds from the cardamoms, peppercorns and salt. Put into a thick-based saucepan and cover with water. Bring to the boil and cook gently until the water has evaporated and the meat and chickpeas are tender. Add the beaten egg and pass the mixture through a mincer. Season to taste. When cool mould into small flat cakes and fry until golden brown.

Serves 4.

BEEF WITH AUBERGINES & CHICKPEAS

EGYPT

2 medium sized aubergines	4 oz (100g) chickpeas, soaked overnight
1 large onion, chopped	
1 clove garlic, peeled & crushed	1 large tin tomatoes
6 tbsp. olive oil	$\frac{1}{2}$ tsp. ground coriander
1 lb (400g) stewing beef, or lamb cubed.	salt and pepper
	$1\frac{1}{2}$ pints ($\frac{3}{4}$ l) stock or water

Slice the aubergines, sprinkle with salt and leave to drain for 15-30 mins. Fry the onion and garlic in 4 table-spoons of oil in a heavy saucepan until soft. Add the cubed beef and brown quickly. Stir in the soaked and drained chickpeas, salt, pepper and coriander. Mix together for a few mins., pour in the tin of tomatoes & simmer for 5 mins. Stir in the stock or water, cover and cook in the oven at 325°F (Mark 3) for 2½ hours.

Fry the aubergines lightly in 2 tablespoons of oil and add to the stew 15 mins. before the end of the cooking time.

Serves 4.

Variation: 1) 2 lbs (800g) courgettes can replace the aubergines - in this version the sliced courgettes are added about $\frac{1}{2}$ hour before the end of the cooking time. 3-4 tablespoons tomato puree can replace the tin of tomatoes and the dish can be spiced with 1 tsp. allspice (instead of ground coriander).

2) for a nice vegetarian mousakka leave out the meat & cut the aubergines in chunks rather than slices. Reduce the quantity of water used.

KAWARHN BI HOMMOS (CALF'S FEET & CHICKPEAS) MIDDLE EAST,
SPAIN & PORTUGAL

2 calfs feet	1 tsp. turmeric
3 tbsp. oil	½ lb. (200g) chickpeas, soaked overnight
salt and black pepper	to garnish: 2 hard-boiled eggs, sliced.

Wash and scrub the calf's feet thoroughly. Blanch them in boiling water until a scum has formed. Drain. Heat the oil in a large saucepan and fry the feet until browned. Add salt and pepper (to taste), turmeric and the soaked and drained chickpeas. Cover with water, bring to the boil and simmer gently until the meat is practically falling off the bone. Bone (if desired) and add the meat to the pan.

Garnish with sliced hard-boiled eggs.

variations :

1) this dish can be made with pig's trotters instead of calf's feet.

2) it is sometimes served as a soup-increase the quantity of water and use only 1 calf's foot.

3) a Moroccan version 'Hergma' is spiced with ½ tsp. ground ginger, 1 tsp. paprika and ½ tsp. cayenne (instead of turmeric) add 4 oz (100g) cooked rice at the end of the cooking time.

RIZ BI DFEEN (RICE WITH CHICKPEAS)

1 lb (400g) lean beef or lamb, cubed several bones from the meat	1½ tsp. salt
12 small white onions	½ tsp. black pepper
3-4 oz (75-100g) butter or smee	1 tsp. ground cumin or cinnamon
1 pint (½ l) meat broth	6 oz (150g) rice
3 oz (75g) chickpea (soaked overnight)	(soaked for ½ hour)

Fry the meat and the onions together in hot butter-
until the onions are golden and the meat browned all over.
Add the soaked and drained chickpeas and the meat broth to
cover. Season with salt and pepper, add the cumin or cinna-
mon and simmer gently in a covered pan until the meat is ten-
der and the chickpeas cooked. (about 1 hour).

Drain the rice (which has previously been soaking for
about ½ hour in cold water). Check that there is about 2 cups
liquid left in the cooking pan & adjust accordingly. Add the
rice, mix well and simmer, covered for about 20 mins. (add more
water if necessary) until the rice is cooked. Turn off the
heat & allow to rest a few mins. before serving.

variation : 1) this can also be made without the meat.

2) 4 oz (100g) cracked wheat (previously browned
in butter) can replace the rice.

CHICKEN AND CHICKPEA CURRY

INDIA

1 chicken, jointed	A 2" (5 cm) stick of cinnamon
3 oz (75g) chickpeas	2 oz (50g) ghee or butter
1 small onion, chopped	1 tbsp. curry paste
1 clove garlic, crushed	½ tbsp. ground almonds
4 cardomoms	3 fl. oz (75 ml) thick coconut milk
4 cloves	juice of 1 lemon
	salt

Soak the chickpeas overnight, drain and cook in fresh water until tender. Fry the onion, garlic, cardomoms, cloves and cinnamon lightly together in the ghee or butter. Add the curry paste and ground almonds. Mix thoroughly and cook for about 5 mins.

Add the jointed chicken and let it fry in this mixture for 15 mins. Add the coconut milk and simmer, uncovered, until the chicken is tender. Add the chickpeas, lemon juice and salt (to taste). Simmer together for 5 mins., serve.

VEGETARIAN
MAIN DISHES

(ROZ BIL SHAGHRIA) RICE WITH VERMICELLI

$\frac{3}{4}$ lb (300g) rice	6-8 oz (150-200g)
$\frac{1}{4}$ lb (100g) chickpeas, soaked overnight	vermicelli, broken into small pieces
1 onion, finely chopped	
3 oz (75g) butter	
2 tbsp oil	

Drain the soaked chickpeas and cook. Wash the rice in boiling water, rinse in cold water and drain well. Fry the onion in a mixture of the butter and oil using a heavy saucepan. When the onion is golden and transparent, add the vermicelli and fry until lightly coloured. Add the rice and stir over a moderate heat until the grains are transparent and coated in fat. Add water to cover, also salt. Bring to the boil and simmer gently, tightly covered, until the water is absorbed and the rice cooked. Mix in the drained, cooked chickpea and heat through.

Serve with yoghurt and cucumber salad.

TUONI E LAMPO (CHICKPEA WITH PASTA)

ITALY

The name 'Tuoni E Lampo' means Thunder and Lightening which supposedly refers to the aphrodisiac qualities of chickpeas!

8 oz (200g) chickpeas

Salt and pepper

8 oz (200g) thin macaroni

To serve: grated parmesan cheese

4 tbsp olive oil

2 cloves garlic, crushed

Soak the chickpeas overnight. The following day cook them until tender, drain and keep warm. Cook the macaroni in boiling salted water, then drain. Heat the olive oil in a large saucepan, add the garlic, chickpeas and pasta. Season well with salt and freshly ground black pepper and mix until well covered with the oil. Serve sprinkled with parmesan cheese.

CHICKPEA & MUSHROOM FLAN

6 oz (150g) shortcrust pastry	for the filling:
1 oz (25g) butter	4 oz (100g) chickpea,
1 onion, peeled and sliced	soaked, cooked and drained
1 large clove garlic, crushed	1 tbsp chopped parsley
4 oz (100g) button mushrooms, wiped	salt and freshly ground
and sliced	black pepper
	1 egg
	$\frac{1}{2}$ pt (125 ml) milk with
	a little cream added
	3 oz (75g) grated cheese

Preheat the oven to 425°F (Mark 7) roll out the pastry and line an 8" (20 cm) flan dish; prick the base and bake in the oven for 15 mins.

Meanwhile, make the filling by melting the butter in a saucepan and fry the onion and garlic until tender but not browned, add the mushrooms and cook for a further 3-4 mins. Stir in the cooked chickpeas and the chopped parsley. Beat the egg and creamy milk together in a bowl, add the chickpea mixture and season well. Pour the mixture into the hot flan case, scatter the grated cheese over the top. Bake the flan in the preheated oven (425°F or Mark 7) for 40-50 mins. until set and golden.

AMORILLO TACO

6 oz (150g) chickpeas
6 oz (150g) soya beans
2 pts (1L) water
1 packet dried onion soup
tabasco sauce

MEXICO

2 tbsp chilli powder.
4 tbsp oil
1 small hot green
pepper, chopped

Soak the beans overnight in cold water. Drain, add the water, soup powder, chilli powder, oil and chopped pepper. Pressure cook for 10-15 mins. at 15 lbs pressure. Mash with a fork or potato masher. Boil off any excess liquid. Season with tabasco sauce to taste.

Serve on buns or toast or as a filling for tacos.

Serves 4

CHANNA SABAT (WHOLE CHICKPEAS)

INDIA

1 lb (400g) chickpeas, soaked overnight and cooked	2 tsp ground cumin
2-3 medium onions, chopped finely	2 tsp ground coriander
2 tbsp oil	2 tsp hot Madras curry powder
10-14 cloves garlic, crushed	1 tsp chilli powder (or to taste)
2 pieces fresh ginger, crushed	2-3 tomatoes, peeled and chopped.
1 green pepper, chopped finely	Salt
	3 tbsp chopped parsley or coriander

Heat the oil and add the chopped onion fry until beginning to brown, add the crushed garlic, ginger and chopped green pepper. Fry gently for 3-4 minutes. Add the cumin, coriander, curry powder, chilli powder, $\frac{1}{2}$ tsp salt, the chopped tomatoes and 1 glass of water. Simmer together for about 25 minutes, adding more water if necessary. Add the cooked chickpeas and simmer together for another 15 minutes, make sure the mixture does not become too dry. Stir in the chopped parsley (or coriander) and serve.

My thanks to Mrs. J.Srivastava for this recipe.

CHICKPEA PATTIES

8 oz (200g) chickpeas	2 tbsp chopped parsley, salt and black pepper
1 onion, finely chopped	
1 pint ($\frac{1}{2}$ l) ham or bacon stock	1 large egg, beaten
1 oz (25g) butter	2 oz (50g)

Soak the chickpeas overnight in cold water. Drain them and put them into a saucepan with the stock. Bring to the boil, cover and simmer over a low heat for about 2 hours. Drain and puree coarsley in a mouli grinder or a liquidizer.

Fry the chopped onion in butter over low heat for about 5 mins. until transparent and beginning to colour. Blend with the chickpea puree and the chopped parsley. Season to taste with salt and pepper and bind with beaten egg. Spread the mixture on a flat plate and divide into eight equal portions. Roll each portion into a ball between flowered hands then flatten it into a round patty shape. Chill in the fridge for about 30 minutes (or until set).

Heat the fat over a moderate heat and fry the patties until golden brown on both sides, turning once.

Drain on absorbent paper. Serve.

CHICKPEA CASSEROLE

8 oz (200g) dried chickpeas or 1x16 oz (400gm) tinned	(1 tbsp oil)
1 clove garlic, crushed	½ tsp ground ginger
1 medium onion, chopped	pinch ground cloves
1 lb (400g) tomatoes or equivalent tinned	1 tsp salt freshly ground black pepper
8 oz (200g) cabbage, shredded	2 fluid oz (50 ml) water or vegetable stock
½ green pepper, chopped	

Soak dried chickpeas overnight in cold water. The following day simmer in fresh water until tender. Fry the garlic, onion, tomatoes, cabbage and green pepper in oil. Season with ginger, cloves, salt and freshly ground black pepper. Add drained chickpeas (either tinned or cooked, dried ones) and stock. Place in a buttered casserole and cook in a moderate oven (350-375°F, gas Mark 4-5) for 20-30 mins. Serve hot.

Serves 4-6

CHICKPEAS.

8 oz (200g) chickpeas.	Salt
1 medium onion, chopped	2 green chillies.
½ tsp turmeric.	2 oz (50g) margarine
1 tsp mustard seeds	1 tsp cumin seeds.
2 tbsp coconut.	

Soak the chickpeas overnight. Drain and grind them coarsely. Chop the chillies. Heat the margarine and fry the onion until golden. Add turmeric, cumin and mustard. When the mustard seeds burst add ground chickpea and fry. Cover and cook over low heat for 10 mins. Add coconut and chillies Cover and cook for 5 mins. Stir in salt. Serve.

CHICKPEA AND POTATO STEW.

8 oz (200g) chickpeas.	1 onion, chopped finely
3 large tomatoes, cut up.	2 large potatoes.
$\frac{1}{2}$ tsp ginger.	2 oz (50g) cooking fat.
2 tsp salt	$\frac{1}{2}$ tsp turmeric
$\frac{1}{2}$ tsp garam masala	

Soak the chickpeas overnight in $\frac{1}{2}$ pint hot water. The following day drain, and cover with fresh water, and boil until tender. Drain and mash. Heat $\frac{1}{2}$ oz cooking oil and fry the mashed chickpeas and salt. Simmer until dry. Meanwhile, peel the potatoes, cook them for a few minutes and cut into squares. Heat the rest of the fat and fry the onion and spices together until the onion has started to colour. Add the tomatoes, potatoes and some hot water. Simmer until the potatoes are cooked. Add the mashed chickpea and shake the pan so the chickpeas mix with the other ingredients. Simmer for another 5 minutes. Serve.

GARBANZOS (CHICKPEAS OR CECI BEANS)

SPAIN

1 lb (500g) chickpeas

Pinch salt

butter

Pinch of pepper

Pinch of paprika.

Soak peas overnight with a pinch of salt drain & put into a pan of boiling water. Boil for 10 mins. then simmer for 3 hours. Drain & serve hot w. salt, pepper & paprika and a knob of butter stirred in.

If served cold-serve with an oil and vinegar dressing. Chickpea salad is also made this way in the Middle east.

VEGETARIAN COTTAGE PIE

4 oz (100g) chickpeas (soaked overnight)	½ lb (200g) mushroom, carrots, onion and any other vegetable
1½-2 lbs (¾-1kg) cheese potatoes (see below)	
1 tbsp cooking oil	
Peanut butter	
Margarine	

Boil the chickpeas until tender. Meanwhile gently fry in a little oil the carrot, onion, mushrooms or whichever vegetable you are using. Drain off any excess oil and turn the vegetables and cooked beans into a large casserole. Cover with cheese potatoes then spread salted peanut butter over the top and dot with margarine. Heat quickly in a hot oven.

CHEESE POTATOES:

Boil 1½ - 2 lbs (¾-1kg) potatoes in salted water until cooked. Drain well then mash with 3 oz (75g) grated cheddar cheese, season with salt and pepper to taste.

FALAFEL

1½ pints (¾ L) water
¾ lb (300g) chickpeas
1 large onion, finely chopped
2 fl oz (50 ml) lemon juice
1½ tsps baking powder
2 tsp salt
½ tsp pepper

EGYPT

2 cloves garlic, crushed
2 tbsp finely chopped
parsley
1 tsp ground cumin
2 tsp ground coriander
pinch cayenne pepper
to fry: vegetable oil

In a medium saucepan bring water and chickpeas to boil over a moderate heat. Boil for 2 minutes. Remove from heat, let beans soak for 1 hour and drain (or soak chickpeas in cold water for 8-24 hours in a cold place and then drain).

Mince the chickpeas twice with the finely chopped onion or liquidize. Put the ground mixture into a medium-sized cooking pan and add the remaining ingredients (except the oil) and mix well. Chill for up to 24 hours in the refrigerator. Shape level tablespoons of the chickpea mixture into flat cakes. (can be done ahead).

Pour oil into a deep-fryer or saucepan until 2 inches deep, heat to a temperature of 325°F. Add chickpea cakes gently. Cook for 4-5 minutes turning once (lower heat if browning too quickly). Remove and drain on paper towels. Makes about 32 cakes. Serve with yoghurt sauce.

FOR YOGHURT SAUCE :

12 fl oz (300 ml) yogurt

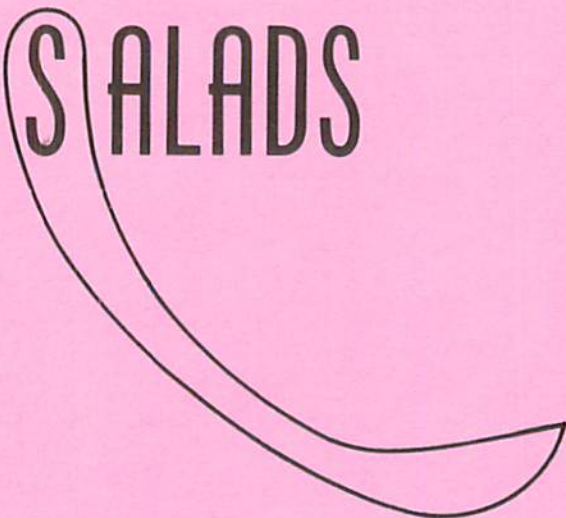
1 tsp salt

2 tbsps finely chopped parsley

Mix yoghurt and salt in a small bowl. Pour into a serving bowl and sprinkle with parsley. Serve at once or chill until needed.

Serves 4.

SALADS



4 BEAN SALAD

1 can chickpeas (drained)
8 oz (277 g) cooked fresh faba beans
8 oz (277 g) soaked and cooked whole lentils
1 can red kidney beans (drained)

Mix together :-

½ cup vegetable oil
½ cup sugar
½ cup white vinegar
½ cup chopped onion
½ cup chopped celery
½ cup chopped green pepper

After mixing the vegetables pour the liquid mixture over them and refrigerate overnight. Serve chilled.

Serves 6-8

CHICKPEA & SPINACH SALAD

MIDDLE EAST

1 lb (400g) spinach or swiss chard.	1-2 onions, chopped.
6 oz (150g) chickpeas, soaked, cooked and drained.	A little oil for frying.
6 tbsp olive oil.	Salt & freshly ground black pepper.
Juice of 1 lemon.	1-2 tbsp chopped parsley.
3 cloves garlic, crushed.	

Wash the spinach (or swiss chard) well. Cook it with the minimum of water, drain, chop and cool it. Meanwhile, fry the chopped onions in a little oil until brown. When the spinach and onions are cool mix with the cold, cooked chickpeas together with the olive oil, lemon juice and chopped parsley. Season well. Chill. Serve with yoghurt.

MARINATED GREEN BEAN SALAD.

2 cans (16 oz or 400g size) kidney beans	1 large red pepper, cut into thin rings.
2 cans (16 oz or 400g size) (or cooked fresh) whole green beans.	5 onions, cut into thin rings.
2 cans (16 oz or 400g size) yellow wax beans.	4 oz (100g) sliced pimento stuffed olives.
2 cans (16 oz or 400g size) chick-peas.	1 can 4 oz (or 100g) pimentos, diced.
2 large green peppers, cut into thin rings.	3 fl oz (75ml) each salad oil & white vinegar
Cos lettuce.	2 oz (50g) caster sugar

Turn the thoroughly drained kidney beans, green beans, wax beans and chickpeas into a large container for marinating. Add green and red peppers and onions. Sprinkle with olive slices & chopped pimentos (reserve a few for garnishing). Mix all lightly. Shake together in a covered jar the salad oil, vinegar and sugar. Pour over bean mixture. Cover and marinate in the refrigerator at least 6 hours before serving. At serving time, line a large wooden salad bowl with lettuce leaves. Add the bean mixture. Garnish with reserved sliced olives and pimento.

Serves 20.

Variation : a similar dish can be made. Mix cooked kidney beans, green beans and chickpeas together with a crushed clove of garlic and a small chopped onion. Toss in a dressing

cont'd

of 4 oz olive oil, 4 oz of red wine or cider vinegar and 1 tsp each of basil and oregano. Serve on lettuce leaves with tomato wedges.

ITALIAN APPETIZER SALAD

1 small cauliflower	6 hard-boiled eggs
1 medium sized lettuce	½ pint (250ml) olive oil
1 medium sized escarole	¼ pint (125ml) vinegar
1 medium sized curly endive	1½ tsp salt
1 lb (400g) sliced runner beans	¼ tsp pepper
1 lb (400g) kidney beans	2 tomatoes sliced
1 lb (400g) chickpeas	2 oz (50g) olives, sliced
2 or 3 spring onions chopped.	1 or 2 tins (2 oz or 50g) anchovies.

Divide the cauliflower into flowerets & parboil until barely tender; drain. Mix the greens, the beans, the spring onions and 4 of the eggs in a salad bowl. Toss with a dressing made with oil, vinegar, salt and pepper. Garnish with tomato slices, egg slices, olives and anchovies.

Serves 10-12

CHICKPEAS IN MAYONNAISE

2 oz (50g) chickpeas.

1 tbsp chopped parsley

Paprika

4 fl oz (100ml) mayonnaise

3 crushed cloves of garlic

Soak chickpeas overnight-the following morning cook until tender. Cool and mix with the chopped parsley, add the mayonnaise and the garlic. Sprinkle with paprika.

CHICKPEA SALAD

8 oz (200g) chickpeas
1 cucumber
½ lb (100g) mushrooms
1 green pepper
1 onion

1 c sour cream
½ pint yoghurt
garlic, salt and pepper
parsley

Soak the chickpeas overnight, boil them gently until tender. Drain and cool. Chop the vegetables into small pieces. Mix yoghurt, sour cream and crushed garlic, season well with salt and pepper. Mix the vegetables and chickpeas together. Pour on dressing and stir. Garnish with chopped parsley. Serve chilled.

Nan-e Nokhochi

(CHICKPEA FLOWER COOKIES)

PERSIA

8 oz (200g) butter
6 oz (150g) icing(or confectioneais) sugar
1 egg yolk.
1 tsp ground cardomom
6 oz (150g) chickpea flour

Beat the butter and sugar together until creamy. Add the egg yolk and cardomom. Add the chickpea flour by kneading it in until the mixture is smooth. Pinch tiny pieces of dough roll into balls, decorate with the plougs of a fork. Arrange on a lightly greased pan and bake at 300^OF for about 30 mins.

Makes about 40.

There is a similar Persian dish called Bereshtook Nokhochi (chickpea flower/squares). Double the quantities above. Melt the butter (or shortening) in a frying pan. Turn the heat to low and gradually add the sifted chickpea flour while stirring constantly with a wire whisk. Remove the pan from the heat and cool the mixtures slightly. Stir in the icing sugar and ground cardomom. Spread on to a greased pan smoothing the top with a spatula. Bake at 300^OF for 1 hour. Cool and cut into tiny squares with a sharp knife. The top can be decorated with slivered pistachios or almonds before baking (if desired).

BALUSHAI

INDIA

½ lb (100g) chickpea flour
½ lb (100g) ground almonds
½ lb (100g) dried milk
3 oz (75g) ghee or butter

2-3 eggs, beaten.
6 cardomoms.
Fat for frying.
rose-flavoured syrup.
caster sugar.

Seperately fry the chickpea flour, ground almonds and dried milk lightly in 1 oz (25g) ghee or butter for each pan. Allow to cool and then mix with the beaten eggs and the seeds from 6 cardomoms. Form into walnut-sized balls and fry until golden brown. Drop while still hot into a heavy rose-flavoured syrup for a few minutes. Drain, then roll in caster sugar.

To make rose-flavoured syrup :

2 lbs (800g) sugar.
1 quart (1L) water.
Rose essence, to taste.
The inner seeds of 6 cardomoms.

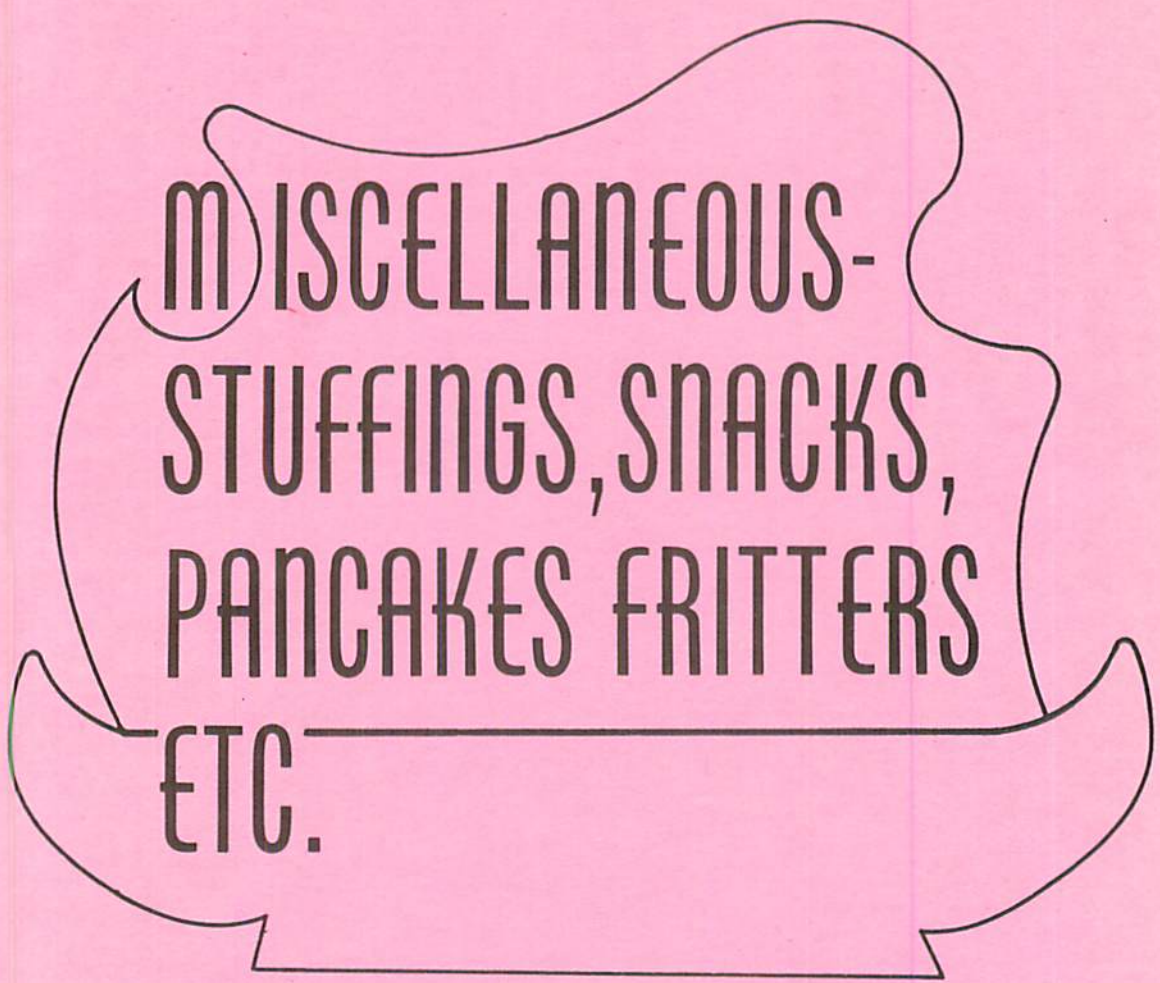
Boil together, stirring until the sugar has melted and the syrup has become quite thick.

ASURE (A TRADITIONAL TURKISH DESSERT)

- Supposed to have originated by somebody trying to use up odds and ends while cleaning out their kitchen cup-boards!

3 ozs (75g) chickpeas	2 ozs (50g) rice
3 ozs (75g) haricot beans.	3 ozs (75g) sugar.
2 ozs (50g) wheat bugday (whole meal ground wheat).	1 tsp vanilla essence (or 1 pod)
2 ozs (50g) currants.	To garnish: cream, chopped walnuts,
2 ozs (50g) sultanas	pistachios and almonds.

Soak the chickpeas and haricot beans overnight in separate bowls. Soak the rice and wheat together in another bowl. The following day boil the chickpeas and haricot beans (separately) until tender, drain. Boil the rice and wheat together until tender, mix with the chickpeas and haricot beans; stir well with a wooden spoon until the mixture has the consistency of a thick porridge. Add the dried fruits, sugar and vanilla; mix well. Put into small bowls and chill thoroughly. Decorate with cream and sprinkle chopped nuts over each dish.



MISCELLANEOUS-
STUFFINGS, SNACKS,
PANCAKES FRITTERS
ETC.

RICE AND CHICKPEA STUFFING FOR VEGETABLES

2 oz (50g) chickpeas, soaked and boiled.	Salt and black pepper
4 oz (100g) rice, washed and drained	$\frac{1}{2}$ tsp ground cinnamon
6 oz (150g) tomatoes, skinned, seeded	or $\frac{1}{4}$ tsp ground allspice
	to cook :
	2 cloves garlic
1 large onion, finely chopped	juice of 3 lemons

Mix all the ingredients together in a bowl, kneading well by hand until thoroughly blended. When filling the vegetables allow room for the rice to expand. If the vegetables are to be baked use cooked rice and pack the vegetables tightly.

Use to stuff vine leaves, courgettes, aubergines, cabbage leaves or green peppers. Place in the bottom of a thick saucepan add some salt and two crushed cloves garlic. Press with one inverted dish and add water to reach the dish. Cover and cook gently for about 45 mins. Add the lemon juice and cook for 10 mins. Drain. Serve cold.

PUREED CHICKPEA WITH GARLIC AND ONION

MIDDLE EAST & TURKEY

12 oz (300g) chickpea, soaked
overnight.

Salt

Olive oil

8 oz (200g) toasted
Arabic pitta or white
sliced bread

to garnish : paprika

Boil the chickpeas in about $1\frac{1}{2}$ pints ($\frac{2}{2}$) water until cooked. Drain & retain the cooking liquor. Add the garlic and salt and mash or liquidize to a paste. Stir in olive oil to taste.

Break the bread into small pieces and line the bottom of a shallow serving dish with it. Sprinkle with the chick-pea liquor until well soaked. Cover with the pureed chickpeas, sprinkle with a little more oil and garnish with paprika. Serve hot.

Variations :

1) -Yoghurt flavoured with crushed garlic and mint can be poured over just before serving. Garnish with paprika, or paprika mixed with olive oil.

2) 2 tbsps pine nuts can be fried & mixed with the pureed chickpeas.

PHILOURIES (CHICKPEA FRITTERS)

½ lb (200g) chickpea flour

½ tsp ground turmeric

½ tsp ground cumin

½ tsp chilli powder

2 red or green fresh (or pickled)
chillies, finely chopped

2 cloves garlic, crushed

1 large onion, finely
chopped

1 egg, beaten

salt and pepper

yoghurt

fat for frying

Mix the chickpea flour, turmeric, cumin and chilli powder, add to the beaten egg with the chopped chillies, garlic and onion. Add yoghurt to make a thick batter. Season to taste.

Drop spoonfuls of the batter into deep boiling fat and cook to a golden brown.

BESSANI PURA (CHICKPEA PANCAKES)

INDIA

2 oz (50g) chickpea flour

$\frac{1}{2}$ pt water (approx)

1 tbsp chopped parsley
(or coriander)

ghêe (or butter) for
frying

1 tsp salt.

Make a thin pouring batter with the chickpea flour and water. Season with salt. Mix in the parsley. Beat lightly and leave to rest for 15 mins.

Heat a griddle or heavy frying pan. Add a generous amount of butter. When it is hot pour in a layer of batter and spread to cover the pan. Turn once after about 30 seconds.

CURRY PASTE

8 oz (200g) ground coriander	1 oz (25g) ground ginger
1 oz (25g) ground cumin	1 oz (25g) garlic,crushed
2 oz (50g) ground turmeric	4 oz (100g) chickpea flour
2 oz (50g) chilli powder	2 oz sugar
2 oz (50g) ground black pepper	2 oz salt
2 oz (50g) ground mustard seed	wine vinegar
	1 tbsp mustard oil

Mix all the ingredients together with sufficient wine vinegar to make a thick paste. Put 1 tablespoon of mustard oil into a small saucepan and bring to the boil. Add the spice paste, cook and mix on a low heat for a few minutes. Do not add any water and make sure all the utensils used are dry. When cool, bottle in an air-tight jar, keeps indefinitely. Use $\frac{1}{2}$ -1 tablespoon in each curry.

KASTHA BESSAN (SPECIAL BATTER)

Use for coating vegetables (including cauliflower, fish, chickpea etc) before frying.

8 oz (100g) chickpea flour	3 fl oz (97ml) yoghurt
Seeds of 3 cardomoms	$\frac{1}{2}$ tsp chilli powder
Pinch of saffron	$\frac{1}{2}$ tsp black pepper
1 tbsp coriander	2 tsp chives, chopped
2 cloves	1 tsp salt.

Grind the cardomom seeds, saffron, coriander and cloves together, add the chilli powder, black pepper, chives and salt. Make a paste by mixing the flour and yoghurt together, add the rest of the ingredients. Beat well and allow to stand for $\frac{1}{2}$ hour. Beat again lightly before using to coat vegetables, fish, chickpea etc then deep fry until golden brown.

Variations: a simpler batter can be used to make

CAULIFLOWER FRITTERS.

4 oz (100g) chickpea	$\frac{1}{2}$ pt (125ml) water
Pinch salt	4 tbsps milk
2 eggs	

First divide one cauliflower into sprigs and cook in salted water until just tender. Drain carefully.

Sieve the flour and salt, add the egg yolks, water and milk, then fold in the stiffly beaten egg whites. Heat the oil or fat. Dip the sprigs of cauliflower into the batter and fry for 1-2 mins only. Drain on absorbent paper.

CHICKPEA SNACK

4 oz (100g) chickpeas	Salt and freshly ground black pepper.
4 oz (100g) wholewheat flour	
1 tsp baking powder	1 oz (25g) butter
1 clove garlic, crushed	2 tbsp. oil

Soak the chickpeas overnight in cold water, drain and cook in fresh water. Meanwhile mix the flour, baking powder and garlic, season with salt and freshly ground black pepper. Toss the chickpeas in the seasoned flour. Heat the butter and oil together in a frying pan & add the chickpeas, sprinkle any remaining flour over. Fry the chickpeas gently, frequently until they are crisp and golden. Drain on kitchen paper and serve immediately.

HOMMOS

½ lb (200g) chickpea
2 cloves garlic, crushed
sea salt
½ pint (125ml) vegetable oil

GREECE

4 tbsp tahini (sesame seed
juice of 1 lemon oil)
chopped mint

Soak the chickpeas for 24 hours. Cook in fresh water until soft. Strain but reserve the cooking liquor. Put into a liquidizer, and blend to a smooth paste, add the lemon juice and some of the cooking liquor, if necessary. Add the oil, tahini, garlic and salt. Turn into a shallow bowl. Sprinkle with chopped mint or a few cooked chickpeas, deep fried & used to garnish.

Serve as a dip with corners of Arabic (or pitta) bread.

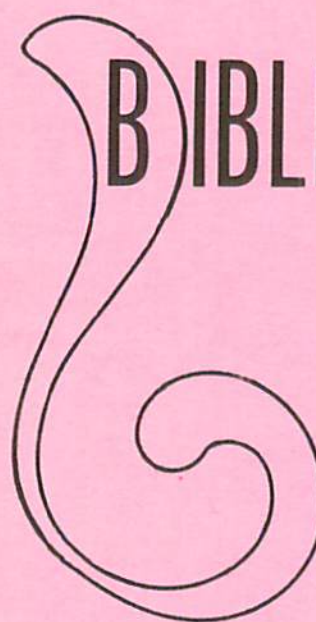
For the middle Eastern version replace the vegetable oil with more tahini (sesame seed oil).

CHICKPEA SPREAD

8 oz (200g) cooked chickpeas	$\frac{1}{2}$ tsp thyme
2 tbsp lemon juice	$\frac{1}{2}$ tsp basil
2 tbsp yoghurt	$\frac{1}{2}$ tsp oregano
Salt	1 garlic clove, crushed

Mash the chickpeas, add the lemon juice, thyme basil, oregano and the crushed garlic. Season to taste.

Serve as you would paté with toast, or biscuits.



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