

SALISBURY CENTRAL'S Kitchen Chronicles

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garbanzo bean
bengal gram

चना

egyptian pea
channa

kichererbsen

chickpea

ceci

حمص

garbantzu

ছোলা

pois chiche

௫βίθι

kikkererwten

cicer

chich-pease



A Chickpea By Any Other Name Would Taste As Sweet

Although it's pretty hard to comprehend, the chickpea is one of the world's longest eaten legumes--there is evidence of Middle Eastern peoples including them in their meals as long as 10,000 years ago. Just to put it in perspective, this is about the same time the woolly mammoth finally went extinct! Today, wild chickpeas can only be found in the countries of Turkey and Syria, and it was likely in this area that the humble chickpea was first domesticated and cultivated.

But what about that name "chickpea" anyway? Well in English it goes back, as many words do, to Ancient Rome. Have you ever heard of a man named Cicero? He was a speechwriter (and giver), a lawyer, a politician...and his name derived from the Latin word "cicer," which meant chickpea. Cicero came from a chickpea-growing family so it made perfect sense! Or was it the chickpea-shaped wart on his nose? Well no matter, "cicer" found its way to the French word, "pois chiche,"

which then traveled to England to become "chich pease," and this eventually crossed the Atlantic to us here in America, where it finally evolved into "chickpea."

Then there's garbanzo, another name for the chickpea. It's derived from the Basque word "garbantzu," a combination of "garau" (seed) and "antzu" (dry). Although garbanzos are often dried to preserve them, they're much tastier than their name suggests. Try them and you'll see!

Ottolenghi & Tamimi's Basic Hummus

via Food52.com

Makes 6 servings

1 1/4 cup dried chickpeas

1 tsp. baking soda

6 1/2 cups water

1 cup plus 2 tbs. tahini (light roast)

4 tbs. freshly squeezed lemon juice

4 cloves garlic, crushed

6 1/2 tbs. ice water

Salt

Olive oil (optional)

1. The night before, put the chickpeas in a large bowl and cover them with cold water at least twice their volume. Leave to soak overnight.
2. The next day, drain the chickpeas. Place a medium saucepan over high heat and add the drained chickpeas and baking soda. Cook for about three minutes, stirring constantly. Add the water and bring to a boil. Cook, skimming off any foam and any skins that float to the surface. The chickpeas will need to cook for 20 to 40 minutes, depending on the type and freshness, sometimes even longer. Once done, they should be very tender, breaking up easily when pressed between your thumb and finger, almost but not quite mushy.
3. Drain the chickpeas. You should have roughly 3 2/3 cups now. Place the chickpeas in a food processor and process until you get a stiff paste. Then, with the machine still running, add the tahini paste, lemon juice, garlic, and 1 1/2 teaspoons salt. Finally, slowly drizzle

in the ice water and allow it to mix for about five minutes, until you get a very smooth and creamy paste.

4. Transfer the hummus to a bowl, cover the surface with plastic wrap, and let it rest for at least 30 minutes. If not using straightaway, refrigerate until needed. Make sure to take it out of the fridge at least 30 minutes before serving. Optionally, to serve, top with a layer of good quality olive oil. This hummus will keep in the refrigerator for up to three days.

Mark Bittman's Express Hummus

via markbittman.com

Makes 6-8 servings

2 cups drained canned chickpeas, rinsed.

1/2 cup tahini, with some of its oil if you like

1/4 cup extra virgin olive oil, plus oil for garnish

2 cloves garlic, peeled, or to taste

Juice of 1 lemon, plus more as needed

Salt and freshly ground black pepper

1 tablespoon ground cumin or paprika, or to taste, plus a sprinkling for garnish

Chopped fresh parsley leaves for garnish

1. Put the chickpeas, tahini, oil, garlic, and lemon juice in a food processor (or a blender for even smoother hummus), sprinkle with salt and pepper, and begin to process; add chickpea-cooking liquid or water as needed to produce a smooth purée.
2. Taste and adjust seasoning, adding more salt, pepper, or lemon juice as needed. Serve, drizzled with some olive oil and sprinkled with a bit of cumin or paprika and some parsley.

Fabulous fabaceae,
so fresh and green,
in your pod
a tender bean.
Boiled is fine,
roasted is nice,
how 'bout a bit o'
sugar and spice?
Pureed and spread
on pita bread,
sauteed with spinach,
the star of the soup,
garbanzos feed
a hungry group!



Mission Nutrition

The domesticated chickpea (*Cicer arietinum*) is grown in more than 50 countries around the world--and is a great source of protein. While in the U.S. we are mainly familiar with the kabuli type chickpea--smooth and cream-colored, and named because it was assumed to hail from Kabul, Pakistan--there is another, more widespread type of chickpea grown around the world known as desi, or Bengal gram. Between these two main subgroups are at least 90 varieties of this fantastically versatile legume!

Now it probably comes as no surprise to you that chickpeas boast a number of health benefits. First of all, chickpeas are very high in fiber, which helps to keep cholesterol low (and your heart happy), to regulate blood sugar, to maintain a healthy weight, and to ensure your body's "plumbing" works smoothly! Garbanzos--particularly their skins--also contain valuable antioxidants which support and protect various bodily systems, from your heart to your lungs to your nerves. And these guys are packed with minerals! Recent studies have shown that chickpeas make you feel full longer, give a greater sense of satisfaction about meals containing them, and seem to encourage people eating them to consume fewer processed snacks. In ancient cultures, chickpea extracts were used as love positions, and as medicine to treat things like bronchitis, snakebites,

sunstroke, and warts. That's a lot of do-gooding for such a little bean!

Now if you've ever had chickpeas, you know they have a nice buttery-soft texture. They are mild, and take on a range of flavors well, from tangy vinaigrettes to spicy curries. You can also bake with them, either by including whole beans in your treats, or using chickpea (aka: gram) flour. And they're gluten-free!

Chickpea plants are grown in tropical climates during the winter, and in temperate climates like ours in the

"If you have a
GARDEN
and a **LIBRARY**,
you have
EVERYTHING
you need."

--Marcus Tullius Cicero

aka: "Mr. Chickpea"



spring and summer. Sometimes, if you look around groceries or farmer's markets in the early summer, you'll find green chickpeas that you can eat raw, popped right out of their fuzzy pods. If you like eating spring peas this way, you'll find fresh garbanzos pleasantly familiar. In Mexico, chickpeas (called guasana) are steamed and seasoned like edamame, and sold from street carts as a snack. At home, you can easily transform them into a crunchy, satisfying, sweet or salty snacks by roasting them in the oven. So move over potato chips. Here comes the Mighty Garbanzo!



EAT BOLD. EAT BRAVE.
PUT ON YOUR ADVENTURE
FOOD PANTS!

Culture Corner

WHO CREATED HUMMUS?

Food history, when it comes to something as humble as a chickpea, is hard to pin down. But there is general agreement that hummus--garlicky chickpea spread--is a creation of the Arab peoples of the Levant (Eastern Mediterranean). After all, the word hummus itself means chickpea in Arabic. The Lebanese claim it as their national dish. And word on the street is that garbanzos were even grown in the Hanging Gardens of Babylon in ancient Iraq.

BEANS AS DESSERT?! Cake. Ice cream. Chocolate candy. Here in the U.S.

that's how we do dessert. But around the world, savory ingredients find their way into treats, like, you guessed it, chickpeas. In India, there are [besan ladoos](#), a sort of chickpea fudge, and in Pakistan another version, [besan ki barfi](#). And you won't believe the filipino treat, [halo halo](#)--its name means "mix mix" in the Tagalog language and it is one unusual mess of flavors. Chickpeas, or other legumes, are [layered](#) with tropical fruits, caramel custard, coconut, evaporated milk, purple yams, caramelized plantains, toasted sweet rice, and ice cream to create a wackily refreshing dessert to beat the heat!



Redhawk Recipe Roost (or a few more great ways to try chickpeas!)

[Saveur's Classic Falafel](#)

[Ambitious Kitchen's Vegan, GF Blondies](#)

[Hadyourtea's Chickpea, Spinach, Chorizo Frittata](#)

[Orangette's Chana Masala](#)

[The Kitchn/Kripalu's Chickpea of the Sea Sandwich](#)

[Heidi Swanson's Pan-Fried Chickpea Salad](#)

[Pierce Street Vegetarian Chili](#)

[Warm Chickpeas, Chorizo \(again\) and Goat Cheese](#)

[Freezer-Friendly Winter Chickpea Soup](#)

[Cinnamon Sugar Roasted Chickpeas](#)

[OhSheGlow's Jumbo Chickpea Pancake](#)

[April Bloomfield's Lentil and Chickpea Salad](#)

[Chocolate Chickpea Cake](#)

[Moosewood's Lemony Couscous with Chickpeas](#)