



# Rutland, Steady, Cook!

## Brian's Chickpea Classics

### Ingredients

1kg dried Chickpeas  
6 Cloves of Garlic, finely chopped  
1tsp Turmeric  
2tsp Cumin

Large bunch of fresh Coriander  
Extra Virgin Olive Oil  
Lemon Juice  
Salt and Pepper, to taste

### Method

**For all dishes:** Place the dried chickpeas in a bowl and cover with water; leave to soak for 24 hours. Rinse the chickpeas well before cooking.

### Falafels

1. Take 300g of the soaked chickpeas and place in a food processor.
2. Add 3 cloves of garlic, 1 teaspoon each of turmeric and cumin, the coriander plus salt and pepper. Blitz well until it forms a rough puree.
3. Heat a frying pan with a little oil. Roll the pureed mixture into balls and fry gently until golden.

### Houmous

1. Place the remaining soaked chickpeas in a saucepan with enough water to cover. Simmer for approx. 1 hours until tender.
2. Place 250g of the cooked chickpeas in a food processor with 3 cloves of garlic, 1 teaspoon of cumin, a drizzle of lemon juice and olive oil. Blitz well until it forms a smooth puree.
3. Add salt and pepper to taste.

### **The remaining cooked chickpeas can be used in so many ways:**

- Try adding to soups for texture and protein
- Add to casseroles for extra protein and bulk dishes out to make it go further
- Great mixed into delicious and healthy salads - chickpeas are perfectly partnered with any of the following:  
Chopped tomatoes, cucumber, Avocado and spring onions or normal onions, peppers, sweetcorn - tossed with olive oil, lemon juice or a little vinegar

Don't forget to share your own **Brian's Chickpea Classics** on Facebook using **#RutlandSteadyCook**

**Thank you to:** Brian Baker, Rutland Chef