

CWA of NSW Product of the Week - Chickpeas

There are two types of chickpea distinguished by their seed size, shape and colour. Desi chickpeas, the smaller variety are wrinkled in appearance and may be brown, yellow, orange, black or green. These are usually sold de-hulled or split. Kabuli chickpeas, are known for their nutty flavour and are round and white/cream in colour. Australia is the world's leading chickpea exporter, principally desi chickpea to India. Production in Australia has grown in recent years as has the demand for chickpeas from India.

Chickpeas have a number of culinary uses, including fresh green (immature) chickpeas being eaten as a vegetable, or chickpeas can be added to salads, soups and casseroles or they can be roasted to produce a crunchy nut-like snack.

Desi chickpeas are commonly used in Indian dishes, consumed either as whole seeds or dahl. Kabuli chickpeas are generally eaten whole and are typically found in Middle Eastern and Mediterranean dishes.

Recipe:

Apple and Cinnamon Chickpea Cake



Ingredients

- 400g can chickpeas, drained, rinsed and patted dry
- 1/2 cup no added sugar or salt nut &/or seed butter
- 1/4 cup honey
- 1/2 tsp vanilla bean paste or 1 tsp vanilla essence
- 1/4 tsp baking powder
- 1/4 tsp bi-carb soda
- 1/2 large red apple, cored and thinly sliced
- 1 tsp cinnamon
- Dollop plain natural or Greek yoghurt, to serve
- 1 large egg

Method

1. Preheat oven to 180 degrees Celsius. Line the bottom and sides of a small round cake tin (approx. 18cm in diameter) with baking paper.
2. Place chickpeas, nut butter, honey, vanilla, egg, baking powder and bi-carb soda in a food processor. Blend until smooth.
3. Pour cake batter into cake tin and top with apple slices arranged in a pinwheel shape. Sprinkle with cinnamon.
4. Bake for around 50 minutes, or until cake is golden brown and a skewer comes out clean. Allow to cool in tin for 5 minutes before moving to a wire rack to cool completely. Serve with a dollop of yoghurt.

Source: Grains and Legume Nutrition Council - Recipe courtesy of 2016 International Year of Pulses Australian Signature Dish Recipe Competition, entered by Megan Cameron-Lee, NSW