Ways to Use Chickpeas Cheat Sheet

by Criss Ittermann (Crisses) via cheatography.com/44687/cs/31870/

Ideas: Cooked or Canned Beans

Chickpea Chili	Chana Masala
Succotash	Roasted Crispy Chickpeas (sweet or savory)
Shawarma Spiced Chickpeas	Mashed Chickpea "Not-Tuna" Salad
Veggie Burgers	Grain Bowl - quinoa, pesto, veggies, etc.
Cream Soups - blend replace cream	Hummus
Soups - whole replace chicken	Desert Hummus
Stuffed Sweet Potato - herbs, veggies & chickpeas	Chickpea with pasta, lemon, herbs
Chickpea with cauli rice, lime & turmeric	Chickpea Parm with pasta & veggies
Curries (as main protein)	Chickpea taco
Sauteed with veg as a side with Eggs	Vegan spanakopita
Chickpea truffles	Chickpea protein bars
Pumpkin Pie Dessert Bars	Flourless brownies & blondies
Chickpea & Orange Cake	PB Chocolate Chip Chickpea Cookies
Cookie Dough Ice Pops	Risotto
Meat Substitute for handpie fillings	Samosas

Don't forget you can pair chickpeas with veggie pastas like spaghetti squash, zucchini spirals, zoodles, etc. Many of these ideas are from recipes on the internet, just toss chickpeas into the search bar with the ideas above.

Chickpea Salad - Cooked/Canned Beans

Date, honey, goat cheese, roasted peppers, cumin-laced dressing

Pasta, pine nuts, feta, basil, cucumber, tomatoes with a light balsamic dressing

Wilted kale, sesame seeds, avocado, radishes, carrot-ginger dressing & crispy chickpea garnish

Rubbed/wilted kale in salt, oil & lemon, mango, goat cheese, sunflower seeds, chickpeas

Savory Parfait: toss chickpeas in EVOO, minced garlic, lime, minced herbs. Top with herbs/mint, Greek yogurt, raisins, fresh baby tomatoes, cucumber, nuts…

From Soaked & Sprouted Beans

Falafel	Falafel-style chickpea burger

You might use a baked or fried chickpea mix for other products or make crumbles for salad. For example a falafel-ish tray of mini "meatloaf" hors d'oeuvre. Change up the spices & herbs added, but don't forget that the parsley, onion & garlic add moisture and interest to the finished product, and you may need to use aquafaba or eggs as a binder.

Food Combining - EFAs

Chickpeas lack the essential fatty acid histidine. Combine with other sources of EFAs or make sure that these main sources are in other meals. Histidine is used in tissue repair, building blood, and nerve sheaths, amongst other things.

Full-serving sources of histidine include: meat, firm tofu, navy beans, milk, eggs, peanut butter, peas, soy protein powder, yogurt, kamut, quinoa, oatmeal, brown rice, soybeans, lentils, kidney beans, white beans.

Denser sources include: squash/pumpkin/-pepito seeds, ricotta, parmesan, hemp seed, chia, sunflower seed, almonds.

Food Combining - EFAs (cont)

highest histidine sources per volume- use for snacks, add to salads, combine with chickpeas in a dish, etc.

Uses for Aquafaba (Bean Eggs)

thickener (soups, etc.)	binder (baked goods)
stabilizer, emulsifier	vegan butter, butter-cream
egg replacer (pancakes, crepes)	vegan nougat, fudge, fluff
3 tbs = 1 large egg	whipped cream (add cream of tartar) 10 mins
2 tbs = 1 egg white	vegan mozarella, mayo
bread, soda bread, cake, muffins	vegan marzipan, merangue
pesto, tempura batter	vegan icecream, baked alaska
brownies, macarons	vegan mousse, pavlova

You can use the "juice" from canned beans, or reduce bean cooking liquid to about the consistency of egg whites. Above ideas came from various recipes on the internet, feel free to search out specifics.

Uses for Chickpea Flour

Pakora, fritter batter	Pizza crust, bread, muffins
Pancakes, socca (from France & Italy)	tortillas, missi roti (Punjabi flatbread)
Chickpea chips	Vegan gravy
Pie crust	Popovers
Fries (similar to fried polenta)	Tofu
Mysore Pak (a tradit-ional dessert)	Cookies, brownies, etc.

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To Soak & Sprout from Dried

Dried chickpeas are easy to soak & sprout, you'll want to give them at least 12 hours to soak. They absorb a lot of liquid & release saponins that make digestion difficult — so changing the water a few times is a good idea. The easiest tool for this is a *colander and bowl*.

Depending on your recipe, place 1-2 cups of chickpeas at a time in a large colander, rinse the chickpeas, then place the colander into a larger bowl.

Pick out any discolored, shrunken, damaged/split beans & stones. (You can do this before or after adding water.)

Fill the bowl with enough water to submerge the chickpeas, making sure they're at least 1-2 inches below the water's surface, so they have plenty room to expand.

Let the chickpeas rest & expand in the water at room temperature, covered or uncovered, for 12 hours.

You can discard this water, rinse the beans, and change the water after 6-8 hours, optional. It's also a good opportunity to make sure there's enough water.

Drain & rinse the beans. They can be used now or go on to sprout them (see below).

To sprout: Allow the rinsed beans to rest in the colander at room temperature for another 4-8 hours. When they get "pointy" they are "sprouted enough" to use as "sprouted beans" (see Q&A).

If you want to make longer chickpea sprouts, continue to rinse every 4-8 hours, until they have little white tails about 1 cm long.

"Quick Soak" Method for Dried Beans

The preferred method of soaking & sprouting chickpeas (above) unlocks nutrition and prevents digestive upset best, however if you need quicker access to soaked chickpeas you can use the method below.

"Quick Soak" Method for Dried Beans (cont)

Before cooking: Rinse & sort the beans, picking out any deformed beans or stones.

Stovetop: add the beans to a large pot, cover with several inches of water. Over medium high heat, boil for 5 minutes, take the pot off of the heat & allow to soak for 1 hour.

Pressure Cooker: add beans to the pot, cook for 5 minutes at full pressure, then use a natural release or remove from heat and allow to come to room temperature (about 30 minutes).

After quick soaking, you still need to cook the beans (see below) — or use them as uncooked soaked beans for example as falafel. You cannot sprout beans that have been quick soaked with these methods.

Cooking Soaked/Sprouted Chickpeas

All of these assume that your beans were pre-soaked &/or sprouted (see above). Canned chickpeas are already cooked. After cooking: rinse & drain immediately or allow to cool to room temperature in the water & reserve cooking water for aquafaba (see below).

Pressure Cooker - High pressure/heat, 20 minutes. Slow release for soft (hummus), fast release for firm (salads, or re-cooking).

Stovetop - Cover with water by 2 inches, cover, bring to a boil, then lower the heat to simmer 25 minutes for firm, 50 minutes for soft. Watch the water level.

Slow Cooker - Cover with 6 cups water per 1 cup of (prior to soaked) beans, cook on high for 4 hours or low for 8 hours.

After cooking: rinse & drain immediately or allow to cool to room temperature in the water & reserve cooking water for aquafaba (see below).

To Make Chickpea Flour (Sprouted or not)

You can make chickpea flour from raw dried chickpeas by milling them & sifting them. You can also purchase chickpea flour (aka gram flour or besan) from an Asian grocery. There are some differences between these flours.

Sprout your chickpeas, then thoroughly dry them again, even using a dehydrator or very low oven if needed.

Once completely dried, you can mill & sift flour from the sprouted chickpeas to make a sprouted flour.

Q&A

Why soaking before cooking?

> Chickpeas contain lectins, a group of poisons many plants use to protect themselves. They're water-soluble and destroyed during cooking. Soaking beans for several hours, especially with changes of water, eliminates the lectins and helps with digestion. Lectins help repel predators so that the seeds survive until they are ready to sprout and grow.

Why should I sprout chickpeas?

> The sprouting process ensures the elimination of lectins, and also begins a process of converting stored carbohydrates, proteins and nutrients to be ready for growth, making them more available to the plant — and thus also to the eater.

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Q&A (cont)

What is "sprouted" versus "sprouts"?

> Sprouted means that a bean, legume, nut, pulse, grain has gone through enough of a soaking & resting process to begin to sprout, and has nutritional benefits, but there may be no notable stem or leaves in the process. Sprouts take several hours to days longer and include the plant having already created a stem, and possibly starting to make leaves or roots, but can be achieved with water, shade, and time. Shoots (like pea shoots) and microgreens are several days longer growth and usually requires a growing medium, and the tops are cut from the root growth before eating.

Can you eat chickpea sprouts, shoots or microgreens?

> Yes, you can certainly try to make longer sprouts from chickpeas and green them up in the sun before eating. We recommend briefly cooking chickpea sprouts or microgreens, but they can be added to a stir fry, omelette, frittata, or made into a hot or wilted side dish.

Is it safe to soak chickpeas so long?

> If you are soaking or sprouting chickpeas at room temperature, please be aware of your environment. Change water more frequently if it is particularly warm, or if conditions are in favor of mold growth or spoilage of foods, or soak for longer in the refrigerator if you don't have access to fresh water to rinse and change the water more frequently.

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