

“Pulse Cooking Workshop”

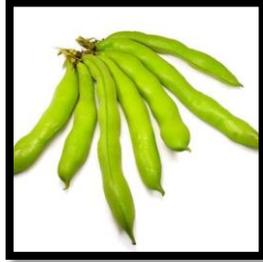
Thursday May 19th, 2016

Presenter: Alison Juta

Fava bean – a.k.a.

Note: fava beans can be of Mediterranean heritage

Growing: Easy to grow: fava bean is a spring variety. Robin Hood is a dwarf cultivar that is very good



Broad beans (*vicia faba*) is actually a pea!

They can be difficult to digest for people who are of Mediterranean heritage if you have not had them before try just a few.

Some of the oldest known cultivated food species is the broad bean, a planted vegetable that does not mind a light frost. It is a variety that can be grown in containers. The larger variety is for soil- they fix nitrogen as do other peas and beans,

and crops that follow them benefit from this. Use a garden inoculant when planting, if possible. They will grow in acid soils and clay (ideal thus for New Brunswick). They do not like hot summer weather, so it is good to plant them as soon as the soil can be worked as most have about a 60-80-day maturity. Optimally grow in full sun in richly composted beds – pH of about 6.5- 6.8 .4. Only problems are rust – in wet hot weather, and black aphids. Black aphids can be squirted off with a strong water jet. Good for pollinators-especially bumble bees.

Food value of fava beans

Fava beans are dense with nutrition. They have no saturated fat or cholesterol and contain a high concentration of thiamin, vitamin K, vitamin B-6, potassium, copper, selenium, zinc and magnesium. They are also an inexpensive source of lean protein. Fava beans can be served raw or cooked, though the bean pods must first be blanched and the mature seeds shelled before eating. A serving of cooked or fresh fava beans can significantly increase your intake of folate, iron, manganese and dietary fiber, all nutrients that can benefit your health in a variety of ways. Can be eaten raw, cooked, and are easy to dry for storage for the following year, and easy to freeze too.

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Drying fava beans

Remove the seed pods from the plant once they have completely blackened (dried). The black seed pods indicate that the seeds have dried inside the pod and are ready for harvest.

Take the dried fava beans from the seed pods and store in a glass jar with a lid or other airtight container until ready to cook. Dry beans will stay fresh for up to a year when stored in a cool, dark pantry. The dried beans can be also be cooked until soft and stored in the refrigerator for one week, or frozen for future use.

Freezing fava beans: Blanch before freezing – place in boiling water for 2 minutes. Drain and place in iced water for 2 minutes. Drain, dry on paper towel, place in freezer bags, suck out as much air as possible and freeze as soon as possible. Use preferably within 6 months.

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GARBANZO BEANS AKA CHICKPEAS



One of the oldest domesticated foods, chick peas are a staple food legume in many countries, including Italy, Spain and Portugal. The Levantine culinary tradition is one that uses chick peas extensively, and has given us hummus and falafel.

Growing: The white chick pea is grown commercially in southern Manitoba and Saskatchewan, mostly as animal feed. Canada ranks 9th in the world in chickpea production.

They need full sun and hot weather to develop properly so are a summer crop. Soak for 8 hours before sowing, 6 " apart, 1/2 " deep, in good well-draining soil. However, I find it easier to sprout them and use as cooked sprouts. Note sprouted beans of any sort can carry bad bacteria – it is vital to cook them before eating.

Garbanzo Bean Sprouting Process

Rinse 1/2-3/4 cup garbanzo beans and pick out any stones, debris, or split beans. Place in a quart-size sprouting jar or other sprouting container. Add 2-3 cups water, filling the jar three-quarters full, cover with a sprouting screen or mesh sprouting lid. Soak garbanzo beans at least 8 hours or overnight. Drain and rinse garbanzo beans thoroughly. Invert the jar over a bowl at an angle so that the beans will drain and still allow air to circulate. Repeat rinsing and draining 2-3 times per day until sprouts are the desired length, usually 3-4 days. Taste sprouts (not beans) daily; discontinue rinsing and draining when sprouts have reached desired length and flavor. Drain beans for several hours before cooking or transferring to a covered container. Store sprouts in the refrigerator for up to 1 week.

Remember:

Larger beans sprout better in cooler temperatures. Keep sprouting beans around 68-70°F, if possible. Larger beans require a longer soaking period and more frequent rinsing and draining, especially in warmer temperatures. Larger beans may not get enough air during draining. Make sure your sprouting container allows plenty of ventilation during draining periods. It is normal for the skins to loosen and come off the beans. Either pick the skins out or leave them in, as they do not affect the flavor. Sprouted beans require cooking before consuming.

Mature chickpeas can be cooked and eaten cold in salads, cooked in stews, ground into gram flour (also known as chickpea flour and bean and used frequently in Indian cuisine), ground and shaped in balls and fried as falafel, or stirred into a batter and baked to make farinata or panelle. Chickpeas are known to be very high in proteins and low in Saturated Fat, and very low in Cholesterol and Sodium. They are also a good source of Dietary Fiber, Protein and Copper, and a very good source of Folate and Manganese.

Food: Cooking tip: soak dry chick peas for 4 hours precooking. Saves 25 % of cooking time.

Recipes:

Chick pea salad from Jamie Oliver

Ingredients

- 1 small red onion , peeled
- 1-2 fresh red chillies , deseeded
- (bell peppers can be used)
- 2 handfuls ripe red or yellow tomatoes
- 1 lemon
- extra virgin olive oil
- sea salt
- freshly ground black pepper
- 410 g tinned chickpeas , drained,
- or around 4 large handfuls of soaked and cooked chickpeas
- 1 handful fresh mint , chopped
- 1 handful fresh green or purple basil
- , finely ripped
- 100 g feta cheese

Method

First of all, finely slice your red onion. Once that's done, finely slice your chillies / bell pepper then roughly chop your tomatoes, mixing them in with the onion and chillies. Scrape all of this, and the juice, into a bowl and dress with the juice of half a lemon and 3 tablespoons of good extra virgin olive oil. Season to taste. Heat the chickpeas in a pan, then add 90 per cent of them to the bowl. Mash up the remaining chickpeas and add these as well – they will give a nice creamy consistency. Allow to marinate for a little while and serve at room temperature.

Just as you're ready to serve, give the salad a final dress with the fresh mint and basil. Taste one last time for seasoning – you may want to add the juice from your remaining lemon half at this point. Place on a nice serving dish and crumble over the feta cheese.

Basic humus recipe: Serves 6-8 as a starter

- 2 x 400g cans of chickpeas
(Reserve the liquid and a few chickpeas for decoration)
- 4 tsp tahini
- 2 garlic cloves, crushed
- 1 tsp crushed sea salt
- 6 tbsp quality extra virgin olive oil
(Plus extra for drizzling)
- 3½ tbsp freshly squeezed lemon juice
- Paprika (optional)
- Coriander or parsley leaves (optional)

Rinse the chickpeas in cold water and tip into the food processor. Add the tahini, crushed garlic, salt, lemon juice and seven tablespoons of the reserved liquid from the cans. Turn on the food processor and slowly pour in the oil while it runs. When the mixture is fully combined and smooth, tip it into a serving dish. Drizzle with some more extra virgin olive oil and decorate with a few whole chickpeas. Sprinkle with paprika and finely chopped coriander or parsley leaves, for colour.

Use with meat, particularly lamb, but it's also ideal for vegetarians who wish to dunk in a crisp crudité. It can act as a replacement for butter or mayonnaise in a wrap or sandwich, and it is wonderful simply scooped up with warm flatbreads.

FAVA BEAN, PARMESAN AND ALMOND SALAD- (MARTHA STEWART)

INGREDIENTS:

- 1/2 cup whole almonds (about 3 ounces)
- 3 pounds fresh fava beans, shelled
- 1/3 cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- Coarse salt and freshly ground pepper
- 2 ounces Parmesan, Feta or aged provolone
- Cheese, cut into 1/2-inch chunks (about 1/2 cup)
- 2 tablespoons very thinly sliced fresh mint leaves
- Crostini, for serving

1. Preheat oven to 375. Spread almonds on a rimmed baking sheet. Toast in oven until golden brown and fragrant, about 8 minutes. Let cool completely. Chop very coarsely; set aside.
2. Prepare an ice-water bath; set aside. Bring a large pot of water to a boil. Add fava beans, and cook 2 minutes. Using a slotted spoon, transfer to ice-water bath to stop the cooking. Squeeze beans from skins (you should have about 2 cups) (if necessary).
3. Whisk oil, lemon juice, 1/2 teaspoon salt, and 1/8 teaspoon pepper in a medium bowl. Add almonds, beans, cheese, and mint; toss. Season with salt and pepper. Serve immediately, or let stand at room temperature up to 1 hour. Salad can be refrigerated in an airtight container up to 1 day. Serve with Crostini.

Shrimp and Fava Beans with Thyme: David S. Deutsch

Makes 2 entree servings or 4 appetizer servings

- 1 tablespoon olive oil
- 1 tablespoon butter
- About 2 ounces firm, salty ham such as prosciutto, cut into tiny dice (about 1/3 cup)
- 1/4 teaspoon minced garlic
- 3/4 pound shrimp, shelled (or 10 ounces shelled shrimp)
- 1 pound fresh, unshelled fava beans
- 1 teaspoon minced fresh thyme
- Salt and pepper, to taste

Heat oil and butter in skillet over moderate heat. Add ham and garlic and toss for a minute. Add shrimp, favas and thyme, and toss just until shrimp become pink.

Sprinkle with pepper and salt. Cover pan and cook on lowest heat possible for 1 to 2 minutes, or until shrimp are just cooked through and juices exude slightly. Serve immediately.