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PEA SNAPS... Back to the future

June 6, 2012

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Many of you have suggested that '[Pea Snaps](#)' include recipes that are wheat-based, as well as [the usual gluten-free](#). Thank you to Pete who made this request and provided this photo from London, England. We agree; everyone should have the opportunity to 'Give peas a chance.'

There is nothing new about adding pea flour to traditional baked goods. During [the recession of 1919](#), just after the end of World War I, the [USDA 'Farmer's Bulletin'](#) provided a recipe for bread which substituted 25% of the wheat flour. The goal was to provide good nutrition that was easy on the pocket.

Can we enhance the protein, fiber and micronutrient content of bread while catering to the tastes of a 21st century consumer? Yes, by substituting even just 10% of the wheat flour with ['Best' Whole Yellow Pea Flour](#)?

We discovered a variation of the 1919 bread recipe online at [Baking History](#). The author provides a helpful suggestion when working with pea flour. "The best way to make sure that the dough has the right amount of hydration, (is) by adapting a method to treat garbanzo flour as it is used in the Italian region of Liguria to make farinata. The pea flour was mixed with water and let to rest overnight before adding it to the bread dough, and this made all the difference." 'Prehydration' is often necessary when working with pulse flours, as the water absorption can be more than that of wheat flour.



1919 Daily Bread

Ingredients

1 cup milk (or as needed), scalded and set aside until lukewarm
1-1/2 tsp salt
2 tbsp maple syrup
1 cup ['Best' Whole Yellow Pea Flour](#) (160g) + 1/2 cup water
3 cups bread flour (375g)
1/2 tbsp yeast dissolved in 1 tbsp warm water
1 egg white mixed with 1 tbsp water to glaze

Mix the ['Best' Whole Yellow Pea Flour](#) and 1/2 cup of water and let stand, covered, overnight. The following morning eliminate any foam that might have formed while the pea flour was soaking. Place the mixture into the bowl of an electric mixer. Add the yeast dissolved in 1 tbsp water, followed by the maple syrup and cooled milk, and finally

1 cup of bread flour. Mix well at low speed and set aside. Cover and let rise until doubled in bulk. Add remaining flour, salt and enough extra milk or water to have a slack but well developed dough, mixing at slow speed until the dough holds together and is smooth and supple. Let rest and ferment, covered, until doubled in bulk, then shape into a loaf and let it ferment again until light. Brush with the egg white mixture and slash, then bake in a preheated oven at 400F for about 50 minutes. Cool on a rack.



Our gluten-free bread recipe comes to us courtesy of gluten-free Gigi. This loaf of [gluten-free bread](#) was made with green split pea flour. Rumor has it that it works just as well with ['Best' Whole Yellow Pea Flour](#) but provides all of the extra dietary fiber and micronutrients (including iron and calcium) that are found in the seed coat. The recipe may be found online a [Gigi's web-site](#).

Finally, we have good news! ['Best' Whole Yellow Pea Flour](#), [Green Split Pea Flour](#), [Chickpea Flour](#) and [Pea Fiber](#) will soon be available once again on Amazon as part of the subscribe and save program. Please click on the links in the previous sentence and ask Amazon to notify you when 'Best' organic, gluten-free Pulse Flours and Pea Fiber are once again in stock. Thank you for your patience.

Canadian customers can order 'Best' Pulse Flours at [Well.ca](#) or [Canadaonly.ca](#).

Thank you to Leane for the meat loaf recipe and to Sagan for the banana bread recipe. Keep sending in the comments!

Hap-pea baking!
Margaret

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