



## PEA SNAPS... Symington's Pea Flour and of Blueberry-Lemon Quick Loaf

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[Symington's Pea Flour](#), invented by William Symington in 1852, may have been the world's first instant meal. Known for its flavour and nutrition, it was a popular choice among Victorian and Edwardian cooks, as well as a staple ingredient for soldiers fighting in the [Crimean War \(1853-56\)](#).

In 1901, Symington's donated tins of its pea flour to [Robert Scott's ill-fated Antarctic expedition](#), possibly heralding the birth of commercial sponsorship. In one of his journal entries, Scott later wrote: "a lot can be done with the addition of a little boiled pea meal." We would certainly agree.

Fifty years later, an unopened tin of Symington's Pea Flour was discovered in one of Scott's [Antarctic foodstores](#). Remarkably, tests showed that it was still quite usable. A similar tin of pea flour was auctioned in 2009 for more than \$4,000!

Chris, one of the [Best Cooking Pulses](#) office staff, recently stopped eating wheat in the hope that this would relieve the pain and swelling she had been experiencing in her hands. She reports that it seems to have made a difference. She continues to enjoy baking with '[Best' pulse flours and pea fiber](#), and it is on her recommendation that we bring you the recipe for Blueberry-Lemon Quick Loaf taken from the [Pulse Canada](#) booklet '[Pulses and the Gluten-free Diet](#)'.

### Blueberry-Lemon Quick Loaf

Makes 12 servings

- ¾ cup (175 ml) ['Best' Yellow Pea Flour](#)
- ¾ cup (175 ml) brown rice flour blend\*
- ¾ cup (175 ml) sugar, plus 1 tbsp (15 ml) for topping
- 1 tsp (5 ml) baking powder
- 1 tsp (5 ml) xanthan gum
- ¼ tsp (4 ml) table salt
- 1 cup (250 ml) milk of choice, room temperature
- ½ cup (125 ml) canola oil
- 1 tsp (5 ml) vanilla
- 2 large eggs, room temperature
- 3 tsp lemon zest, divided
- 1 cup (250 ml) fresh or frozen blueberries
- ½ cup (125 ml) sliced almonds, plus 1 tbsp for topping (optional)

- \*1 ½ cup (275 ml) brown rice flour
- 1 ½ cup (275 ml) potato starch
- 1 cup (250 ml) tapioca flour or starch

Place rack in middle of oven. Preheat oven to 375°F (190°C). Generously grease an 8" X4", nonstick metal loaf pan.

In a medium mixing bowl, whisk together 'Best' Yellow Pea flour, rice flour blend, ¾ cup of sugar, baking powder, xanthan gum and salt until well blended. With electric mixer on low speed, beat in milk, oil, vanilla, eggs and 2 tsp (10 ml) zest until batter thickens slightly, about 30 seconds. Mix in blueberries and almonds (if desired).

Spread the batter evenly in pan. Combine remaining sugar, lemon zest and almonds (if desired) and press on top of bread. Let stand for 10 minutes.

Bake until loaf browns and a toothpick inserted into the centre comes out clean, about 55 to 60 minutes. Lay a sheet of foil over loaf after first 20 to 30 minutes to prevent over-browning. Cool bread in pan on wire rack for 10 minutes, then remove bread from pan and cool completely on the wire rack.



Nutrients Per Serving  
1 slice (72g)

Calories (kcal)	234
Protein (g)	4
Fat (g)	11
Saturated Fat (g)	1
Carbohydrates (g)	31
Fibre (g)	2
Sodium (mg)	259
Potassium (mg)	68
Folate (mcg)	9
Calcium (mg)	72
Iron (mg)	1
Thiamin (mg)	0.025
Riboflavin (mg)	0.1
Niacin (ne)	1
Zinc (mg)	1

Hap'PEA spring!  
Margaret



'Best' Whole Yellow Pea Flour

'Best' Green Split Pea Flour

'Best' Chickpea Flour

'Best' Pea Fiber

certified-organic and gluten-free - be sure to ask your regular store to stock them

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