



PEA SNAPS 'Let there be peas on earth....gluten-free Christmas Cake...'

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Listening to the world news can often leave one feeling small and insignificant. From Cancun we have heard the jockeying of developed and developing countries as they attempt to find some common agreement around climate change. Taking responsibility for behaviours of the past or present, which plays a key role in building successful partnerships, doesn't ever seem to be at the forefront of world negotiations. How this bodes for our future, only time will tell....

What does this have to do with peas? With the end of the year imminent, it seemed appropriate to think in a more global way about peas and pea production, and how they might contribute to the health of the earth.

'Oats, peas, beans, and barley grow' is a time honoured nursery rhyme that helped children understand the importance of good crop rotation in feeding and nurturing the land. Like all plants, peas pull carbon out of the air. They also pull and store nitrogen, with some remaining in the soil to feed crops in the following years. Peas require few inputs (like fertilizer and pesticides) and no irrigation. Naturally dried in the sun, they are light to ship. They are also non-GMO.

Climate change and feeding the world might seem far outside our circle of influence, but by purchasing and consuming pea products, we are making a choice that is good for mother earth. Hence "let there be peas on earth...."

My father loved a Christmas Cake packed with nuts – here is a variation on the Brazil Yule Cake that my mother made each year. The tradition continues as it is now a firm favourite in our home ...gluten-free of course.

Brazil Yule Cake

1 ½ cups shelled whole Brazil nuts
1 ½ cups shelled walnut halves
1 cup pitted, chopped dates
1 cup chopped glace orange peel
½ cup drained red maraschino cherries
½ cup drained green maraschino cherries
½ cup seedless raisins
¾ cup BEST Whole Yellow Pea Flour
¾ cup sugar
½ tsp baking powder
½ tsp salt
3 eggs
1 tsp vanilla



Put nuts and fruit into a large bowl. Measure flour, sugar, baking powder and salt into a sifter and sift over the nuts and fruit, and mix well. Beat eggs until light, add vanilla and blend thoroughly into nut-fruit mixture.

Spoon batter into a round cake pan (I used 8 ½" diameter with 3 ½" height) that has been lined with aluminum foil. Bake at 300°F for 2 hours or until firm on top. Cool in pan for 10 minutes, then turn onto a cake rack and remove foil. Can be kept in the refrigerator.

Diane from England sent this gluten-free Almond Shortbread recipe.

Almond Shortbread – makes 10

- 1 generous cup of finely ground almonds
- ¼ cup cornstarch
- ¾ cup BEST Whole Yellow Pea Flour
- ¼ cup brown sugar - hard packed
- ¼ cup margarine or butter
- 4-5 tbsp milk or soy milk
- ½ tsp almond essence

Mix together the ground almonds, BEST Whole Yellow Pea Flour, and cornstarch. Rub in the butter or margarine and stir in sugar. Add the almond essence and enough milk to bind. Roll out about 1cm/¼" thick and cut with cookie cutter. Preheat oven to 170°C and bake on lined tray for about 15 minutes.

Thank you to all of those who forwarded '[Pea Snaps](#)' to friends and colleagues. Please continue to share comments and recipes. Gwen has sent in a gluten free breakfast bar, Tammy a cookie recipe, and Debbie a quick apple dessert for Mom's on the go.

Wishing you a peasful holiday season with friends and family,
Margaret



(ps – Don't forget about [YUMPEEZ](#) - the allergen-free, healthy pea snack that's perfect for parties and gatherings...available at local stores in Canada, and on [Amazon](#) in the US.)

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