



## PEA SNAPS 'Peas and canola...the dynamic prairie duo!'

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While exhibiting at the Canadian Celiac National Conference held this June in Winnipeg, Best Cooking Pulses was not only able to offer BEST Pulse Flours and Pea Fibre to attendees, but also had the opportunity to learn about other gluten free ingredients. One such ingredient was canola oil or margarine.

Canola oil is lowest in saturated fat, has a good balance of omega-3 and omega-6 fatty acids and is trans fat free. BEST Whole Yellow Pea flour and BEST Chickpea Flour are a good source of complex carbohydrates and nutrient dense. Nutrient dense refers to a food being high in protein, fibre and many nutrients, including iron, calcium, and B vitamins – but low in fat. Combine canola margarine with BEST Pulse Flours and you have a prairie duo for the gluten-free consumer that can't be beat!

Ellen Pruden of the Manitoba Canola Council was at the Celiac conference, distributing recipes developed by Chef MJ Feeke, Red Seal Baker and Chef at Benjamin's Gourmet Foods. Several of these recipes contained pulse flours as well as canola margarine. Here are two recipes from Chef MJ Feeke that would enhance any summer event – Coconut Cupcakes with Lemon Frosting and Vanilla Madeleines....

### Coconut Cupcakes with Lemon Frosting

- ½ cup ground almonds
- ¼ cup BEST Chickpea F! lour
- ½ cup coconut flour
- ¼ cup cornstarch
- 2 tsp baking powder
- ½ tsp xanthan gum!
- ½ cup canola margarine
- 1 cup sugar
- 3 eggs, separated
- 3 Tbsp lemon juice !



Preheat oven to 350°F. In a large bowl, combine ground almonds, BEST Chickpea Flour, coconut flour, cornstarch, baking powder and xanthan gum. Stir to combine ingredients. In separate bowl, beat canola margarine and sugar until fluffy. Beat in egg yolks. Gently stir egg yolk mixture into dry ingredients along with the lemon juice. In third bowl, beat egg whites until soft peaks form. Fold egg whites into the egg yolk and flour mixture. Transfer mixture to paper lined muffin cups. Bake for 25-30 minutes. Remove from muffin cups and cook on wire rack. Frost with Lemo! n Frosting.

### Lemon Frosting

- ¼ cup canola margarine
- 2 cups icing sugar
- 3-4 tsp milk
- 1 tsp vanilla
- 2 tsp lemon zest

Combine all ingredients in a medium bowl. Beat well until mixture is fluffy and will spread evenly. Yield: 8 large cupcakes

### Vanilla Madeleines

- 2 eggs
- 1/3 cup sugar
- 1Tbsp vanilla
- ¼ cup BEST Whole Yellow Pea Flour
- ¼ cup BEST Chickpea Flour
- ¼ tsp salt
- ¼ tsp xanthan gum
- ¼ cup coarsely ground macadamia nuts
- ¼ cup canola margarine, melted and cooled
- icing sugar for dusting



Preheat oven to 375°F. In large bowl, beat eggs and sugar until well blended. Beat in vanilla. In separate bowl sift together BEST Whole Yellow Pea Flour, BEST Chickpea Flour, salt and xanthan gum. Gently fold 1/3 of the egg mixture into the flour mixture at a time. Fold in ground macadamia nuts and canola margarine. Spoon the batter into well oiled Madeleine molds. Bake Madeleines in the lower third of the oven for 10-12 minutes or until Madeleines are golden around the edges. Turn the Madeleines out on racks and let them cool. Sift icing sugar over them when they have cooled. Yield: 12 Madeleines

Please remember to ask your local store to carry BEST Pulse Flours and Pea Fibre - its all about 'Healthy foods for healthy diets and a sustainable world...'

Here's wishing you an enjoyable summer with many happy events featuring treats cooked with canola oil and BEST Pulse Flours!

Margaret



roasted split pea snack: *gluten-free*, nut-free, and tasty too!

Be sure to catch a pack during the Yumpeez Toss at the Winnipeg Goldeyes games!

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