



Pea Snaps... Mythbusters starring East Selkirk Middle School students

February 1, 2011

Newsletter #2011-01

Our 'myth' today is that teenagers don't like dried peas or pea products.

Can it really be true? I decided it was time to go out and test this myth in the real world. So I approached Mrs Sheila Stark-Perreault, human ecology teacher at East Selkirk Middle School in Winnipeg, to see if she and her students would help me discover the truth.

So there I was, at the school, equipped with BEST Pulse Flours, to attend two Grade 9 foods and nutrition classes. In preparation, Sheila and I had chosen a menu of Provençal mini-pancakes (made with BEST Chickpea Flour) served with a tomato salsa, hummus (made with BEST Chickpea Flour), [green split pea and vegetable soup](#) (made with BEST Green Split Pea Flour) and, [chocolate brownies](#) (make with BEST Whole Yellow Pea Flour). The students were supplied with recipes and ingredients, and off they set.



In just under an hour, both classes had produced a delectable looking buffet. Take a look at these pictures – don't they look pleased with the results?



But the question remained: would the dishes meet their teenage approval? The answer was a resounding YES. This myth is busted! Teenagers like (even "really like") products made with dried pea and chickpea ingredients. The brownies were a particular hit and, to our surprise and delight, the green split pea and vegetable soup was not far behind.

Below is the teenager-approved hummus recipe for you to enjoy. It makes a great quick lunch with fresh vegetables to dip. Be sure to adjust the garlic and Tabasco to your own particular taste.

Hummus with BEST Chickpea Flour

2½ cups
water
¾ cup BEST Chickpea Flour
3 cloves of garlic, minced
¼ cup tahini (ground sesame paste)
¼ cup lemon juice
¼ tsp Tabasco sauce
¼ cup vegetable broth
½ tsp ground cumin
salt and pepper to taste
¼ cup olive oil



Bring 2½ cups of water to boil on medium heat. Whisk the BEST Chickpea Flour into the boiling water. Cook for one minute, stirring constantly. Turn the heat down to medium low and continue cooking for five minutes. Let cool.

In the meantime, purée the garlic, tahini, lemon juice, Tabasco sauce and vegetable broth in a food processor until smooth. Fold the puréed mixture into the cooled chickpea mixture. Add the ground cumin, salt and pepper before stirring in the olive oil. Pour into dipping bowls and serve at room temperature.

Meanwhile, great news for **cooks in the US**: certified-organic [BEST Whole Yellow Pea Flour](#), [BEST Green Split Pea Flour](#), [BEST Pea Fiber](#) and natural [BEST Chickpea Flour](#) are now available on [Amazon.com](#). Pass it on!

A special thank you to those who forwarded 'Pea Snaps' on to friends. [Sign-up](#) is now available on the Best Cooking Pulses website. Finally, Debbie offered a tip for the [Brazil Yule Cake](#) (see last 'Pea Snaps') – it cooks better at 300°F - it does indeed - thanks for this. Keep those comments and recipes coming!

Remember, the truth is out there....
Margaret



high protein, gluten-free snack - kids love them: parents give peas a chance...

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