



PEA SNAPS... What do Cuba, the Confederates and Moby Dick have in common?

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The answer is... Pea Coffee. This week the Cuban government announced a return to the blending of coffee beans with roasted yellow split peas, [reported the BBC](#). The cost saving measure was last used in 2005.

Meanwhile 150 years ago during the blockades of the American Civil War, the Confederate Army also enjoyed a type of 'pea coffee', as recorded in an [Albany Patriot](#) article of 1864 titled '[A Substitute for Coffee](#)'. The writer explained: "We found it incomparably superior to anything that we have seen in use, not excepting the more common varieties of coffee. The taste is slightly pungent and most palatable, and we would not turn on our heel to exchange it for the genuine article." The article continues "The preparation consists simply of the common English garden pea, picked from the vine when dry and roasted to a dark cinnamon brown."

Readers familiar with the great American novel [Moby Dick](#) may remember yet another reference to pea coffee. "As the light looked so dim, and the place, for the time, looked quiet enough, and the dilapidated little wooden house itself looked as if it might have been carted here from the ruins of some burnt district, and as the swinging sign had a poverty-stricken sort of creak to it, I thought that here was the very spot for cheap lodgings, and the best of pea coffee."

It seem that we have stumbled upon yet another delicious use for [Naked Yumpeez](#). However, we'll leave that for a future issue...

This week in Manitoba, the first local tomatoes grown in greenhouse soil were available. This has inspired us to feature Little Provençal Pancakes with Tomato Salsa, which is a variation on a recipe created by [Rose Elliot](#). Earlier in the year, students of [East Selkirk Middle School in East Selkirk](#) converted this recipe from metric to imperial units. They also added to the recipe a layer of [Hummus](#) which was then topped by the tomato salsa. A perfect canapé for the summer!

Little Provençal Pancakes with Tomato Salsa

1 1/3 cups [BEST Chickpea Flour](#)
1 tsp salt
1 tsp baking powder
2 tsp cumin seeds
1 1/2-2 cups carbonated water
Olive oil, for frying

For the salsa:

1 beefsteak tomato, finely chopped
2 spring onions, chopped
¼ cup cilantro, chopped
1 tbsp lemon juice
Salt and black pepper



Sift the BEST Chickpea Flour into a bowl with the salt and baking powder. Add the cumin, then slowly pour in the water, stirring all the while, until the batter is the consistency of pouring cream. (Tiny lumps don't matter.)

Next, make the salsa by mixing together all the ingredients.

Heat a small amount of olive oil in a frying pan (enough just to grease it all over), then tip in a good tablespoon of

batter; place another spoonful alongside it, making sure to leave some space between them. When the base looks set and little holes are appearing on top, flip over the pancakes and cook the other side. Keep the pancakes warm while you repeat the process to make the rest. Serve immediately, topped with the salsa. Alternatively, serve as a dessert with maple syrup. (Makes 16 little pancakes.)

Melanie, the [Chocolate Mud-pie](#) made with [BEST Green Split Pea Flour](#) sounds amazing! Thank you Robin for suggesting alternative sweeteners for the Cinnamon and Chocolate Chip Cookies – these include coconut sugar, date sugar, agave and honey. To our friends in Pine Falls, home of the [4-P Festival](#) (Paper, Pickerel, Power and Peas), we would like to arrange something for the next school year -

BEST Pulse Flours and Pea Fiber are now in over 120 stores in Canada. Please be sure to ask your favourite store to stock these gluten-free, nutrient dense flours.

The week of the [Canadian Celiac Association's National Conference at the Ottawa Conference Centre](#) has finally arrived. Please come and see us on May 13-14 at booth 32 in the Food Court. Attendees at the conference will receive a coupon for a free [Pulse Canada Gluten-Free Cookbook](#). Be sure to come by and pick up yours!

Wishing you good health,
Margaret

(ps [Naked Yumpeez](#), the most requested flavor, is now available from Amazon.com in a 200g jar. Use them for baking, as a salad/soup topper, a snack or even for Confederate coffee!)

BCP PORTAGE: 124 – 10th St NE, Portage la Prairie
Manitoba, Canada R1N 1B5
TEL (204) 857-4451 **FAX** (204) 239-6885

BCP ROWATT: RR#3, Site 10, Module 3, Compartment 13
Rowatt, Saskatchewan, Canada S4P 2Z3
TEL (306) 586-7111 **FAX** (306) 586-4848

www.bestcookingpulses.com