



PEA SNAPS... gf Shake and Bake Pickerel or Vegetables for Family Feasts

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Pickerel, known as walleye in the US, is a delicate white-fleshed fish that is mild in flavor. Native to the prairies, it is often served this time of year pan-fried with new potatoes. Here is an alternate presentation that kids love: Shake and Bake Pickerel made with ['Best' Chickpea Flour](#) and gluten-free corn flakes. This recipe also works well for vegetables or chicken pieces.

Quick and easy to make (preparation time five minutes), this coating was developed by Carol Fenster for the [Pulse Canada](#) recipe booklet: [Pulses and the Gluten-Free Diet](#). Click here to [view](#) or [download free](#) from the [Pulse Canada](#).

Gluten-Free Shake and Bake (makes 1 cup)

1/2 cup of ['Best' Chickpea Flour](#)
1/2 cup crushed gluten-free corn flakes or bread crumbs
1 tsp sea salt
1 tsp celery salt
1 tsp dried parsley flakes
1 tsp sugar
1/2 tsp onion powder
1/2 tsp garlic powder
1/4 tsp paprika
1/4 tsp freshly ground pepper



1. Crush the corn flakes or bread crumbs in a plastic bag with a rolling pin.
2. In a small bowl, whisk all the ingredients together until well blended. Pour into a shaker bag (brown paper bag or 1-gallon resealable bag) or put the mixture in a wide, shallow bowl.
3. Preheat oven or frying oil. Moisten the pickerel, vegetables or chicken with water.
4. Shake the moistened pickerel, vegetables or chicken, 1 or 2 pieces at a time, in the shaker bag or wide, shallow bowl. Discard any leftover mix.
5. Fry foods or bake them at 400°F (250°C) in an ungreased or foil-lined baking pan until cooked through. Do not cover or turn food during baking.

For readers in the US, ['Best' Chickpea Flour](#) is now in stock on [Amazon](#). Product is in the warehouse waiting for your order. Canadians may find 'Best' Chickpea Flour at [canadaonly.ca](#) and [well.ca](#).

[Company's Coming](#) have published a new [Gluten-free Baking](#) cookbook. Many of you have contacted us asking where you may find the pea fiber used in the recipes. 'Best' Pea Fiber may be used as Pea Fiber III as it is also a pea hull fiber. 'Best' Pea Fiber may be purchased at [canadaonly.ca](#) and [well.ca](#).

Thanks for all your comments and questions.

Here's to wonderful family times!
Margaret

Food technologists and pet food formulators: visit the brand new ['Clever Cookie'](#) portal with independent research information on working with pulse flours. Suggestions for content are always welcome.

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