



## PEA SNAPS 'No need to blow a gasket...just eat your peas!'

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In England during the 1920s and 1930s, pea flour was widely used for cooking, baking... and car repairs! If your car blew an engine gasket and a replacement couldn't be found, the mechanic would sometimes use thick brown paper and pea flour paste as an alternative. Apparently it worked just fine! Nearly a century later, automotive technology has moved on – but pea flour remains a force to be reckoned with. This is especially true for people who follow a gluten-free diet.

Earlier this year Shelley Case, author of *Gluten-Free Diet: A Comprehensive Resource Guide* ([www.glutenfreediet.ca](http://www.glutenfreediet.ca)), presented some of her research at the Institute of Food Technologists (IFT) Symposium in Chicago. Of particular interest was a slide in which Shelley compared the nutritional profile of different gluten-free flours (see table below). Just take a look at the nutritional profile of BEST Chickpea and Whole Yellow Pea Flours. Nutritionally dense and low in fat, they are far superior to other flours!

Pulse Power						
(Per cup of flour)	BEST Chickpea Flour	BEST Whole Yellow Pea Flour	White Rice Flour	Tapioca Starch	Cornstarch	Potato Starch
Protein (g)	25.7	24.7	9.4	0	0.3	0.2
Fiber (g)	17.3	20.6	3.8	0	1.2	0
Carbohydrates (g)	73	71	127	119	117	158
Iron (mg)	6.8	5.4	0.6	0	0.6	2.9
Calcium (mg)	92	90	16	0	3	19
Zinc (mg)	3.5	3.9	1.3	0	0.1	N/A
Magnesium (mg)	169	144	55	0	4	N/A
Thiamin (mg)	0.7	0.73	0.22	0	0	0
Riboflavin (mg)	0.16	0.15	0.03	0	0	0
Folate (mcg)	334	15	55	0	0	N/A

\* Chart excerpted from *Gluten-Free Diet: A Comprehensive Resource Guide* by Shelley Case, RD  
 \* Pulse flours analysed by Silliker Canada June 2010  
 \* Nutrient information based on one cup of flour

As the weather cools down and we head into another school year, it seemed sensible to feature a quick comforting meal.

*Quick Pea Soup* – serves 4

- 4 cups boiling water
- 4 tsp vegetable bouillon
- 3/8 - 1/4 cup BEST Whole Yellow or BEST Green Split Pea Flour depending on preferred thickness

In a medium saucepan over medium-high heat, whisk vegetable soup base and pea flour into boiling water, stirring for about 1 minute. Turn heat to low, cover and cook for 2 minutes. Alternatively, add ½ cup each carrots, potatoes and/or minced celery to boiling water and cook 3-4 minutes, then add pea flour and proceed as above. Happy Cooking!

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