



## PEA SNAPS 'Complex carbohydrates - simply the best!'

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Carbohydrates are not all created equal. Simple carbohydrates provide little nutrition. They consist of simple sugars that are converted quickly into glucose. Contrast this with complex carbohydrates which are nutrient dense, high in fibre, and are digested far more slowly, providing a steady supply of energy. Complex carbohydrates help to naturally satisfy our hunger.

Both BEST Chickpea Flour and BEST Whole Yellow Pea Flour are a good source of complex carbohydrates. How can we integrate more of these pulse flours into our diets?

One 'Pea Snap' reader Heather suggested using BEST Chickpea Flour or Whole Yellow Pea Flour to bake Socca - a traditional flatbread from Nice, France. "While travelling with a friend in Nice, we happened into this wonderful winter village set up for Christmas where they were serving this dish called Socca at a kiosk." Below is a picture of the market. Socca is made with chickpea flour and olive oil, cooked on a wood fire in large copper platters, and then cut into squares and eaten with salt and pepper.

Heather shared a recipe which we passed on to Leane, one of our testers. The Socca was given a double thumbs up - 'it is great as a pizza crust!' (or should we say 'pea'zza crust...), and gluten free.

### **Socca (Chickpea flatbread)** from *A Stew or a Story* by M.F.K.Fisher

Ingredients:

- 1 cup water
- 1 cup chickpea or whole yellow pea flour
- 2 Tbsp. olive oil
- 1 Tbsp. salt (or less)

1. Preheat the oven to 500°F. Grease a cookie sheet with a 1" rim.
2. Mix together all the ingredients and beat well for several minutes. Pour the batter through a sieve onto the oiled cookie sheet, discarding the lumps.
3. Place the sheet on the middle rack of the oven and turn on the broiler. Keep an eye as the flatbread should cook in just a few minutes. Prick big bubbles as they form.
4. When done, remove from the oven, slice with a pizza cutter, and serve immediately, with freshly ground black pepper if you like.



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