



## **Incredible Indian Butter CHICKpeas + Spiced Onion Pakora Bites + Indian Nimbu Pani Limeade**

By Dylan Sabuco

**Prep Time 30 / Cook Time 35 / Serves 4 - 6**

### **Shopping List**

Fresh:

3 green onions

2 small tomatoes

1 yellow onion

1 lime (2 limes if small)

1/4 C mint leaves for garnish (optional)

Pantry:

1 10-oz can chickpeas **\*\* (for LEGUME ALLERGY sub 1 small eggplant)\*\***

1 tsp coriander

1 1/2 tsp mild chili powder

2 tsp turmeric powder

2 tsp garlic powder

2 tsp salt

2 tsp pepper

1/2 tsp garam masala (or mango powder/chaat masala)

1/4 tsp ground cumin (optional)

1 10-oz can coconut cream **\*\* (for COCONUT ALLERGY sub 3/4 C heavy cream or for COCONUT/DAIRY ALLERGY sub 3/4 C soy milk/cream)\*\***

- 1/4 C all-purpose flour **\*\* (for GLUTEN ALLERGY sub gluten-free flour) \*\***
- 1/4 C cornstarch
- 3/4 C vegetable oil
- Dairy and eggs:
- 2 T unsalted butter **\*\* (for DAIRY ALLERGY sub soy butter, like Earth Balance, or for DAIRY/SOY ALLERGY sub coconut oil) \*\***
- 1 egg **\*\* (for EGG ALLERGY sub 1 T flaxseed + 3 T water) \*\***

## Fun-Da-Mentals Kitchen Skills

**chop:** to cut something into small, rough pieces using a blade.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**stew:** to slowly cook food in liquid in a covered pot, tenderizing meat and vegetables and creating a thickened sauce or gravy.

**pan-fry:** to fry in a pan in a small amount of fat.

**juice:** to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

**muddle:** to press or crush ingredients, like fruit, sugar, and herbs, with a tool called a “muddler” so that all the fresh flavors are released when liquid is added.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

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**slice:** to cut into thin pieces using a sawing motion with your knife.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

## Equipment

- Medium mixing bowl
- Cutting board + kid-safe knife
- Dry measuring cups
- Measuring spoons

- Heat-resistant spatula or wooden spoon
- Small pot
- Liquid measuring cup
- Large spoon (for scooping batter)
- Large pot
- Can opener
- Blender
- Pitcher

## Ingredients

### Indian Butter CHICKpeas

- 1 10-oz can chickpeas **\*\***(for LEGUME ALLERGY sub 1 small eggplant)**\*\***
- 3 green onions, diced
- 2 tomatoes, diced
- 1 tsp coriander
- 1 tsp mild chili powder
- 1 tsp turmeric powder
- 1 tsp garlic powder
- 2 T vegetable oil
- 1 10-oz can coconut cream **\*\***(for COCONUT ALLERGY sub heavy cream, or for COCONUT/DAIRY ALLERGY sub soy milk/cream—more info below)
- 1 C water
- 2 T unsalted butter **\*\***(for DAIRY ALLERGY sub soy butter, like Earth Balance, or for DAIRY/SOY ALLERGY sub coconut oil)**\*\***
- salt and pepper to taste

### Spiced Onion Pakora Bites

- 1 yellow onion, sliced
- 1 egg **\*\***(for EGG ALLERGY sub flaxseed + warm water—more info below)**\*\***
- 1/4 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free flour)**\*\***

- 1 tsp garlic powder
- 1/4 C cornstarch
- 1 tsp salt
- 1 tsp pepper
- 1/2 tsp chili powder
- 1/2 C vegetable oil, for frying

### Indian Nimbu Pani Limeade

- 1 lime (2 limes if small)
- 1/4 tsp salt
- 1/2 tsp garam masala (or mango powder/chaat masala)
- 1/4 tsp ground cumin (optional)
- 1/8 tsp black pepper
- 4 T white sugar
- 4 C cold water
- ice (optional)
- 1/4 C mint leaves for garnish (optional)

## Food Allergen Substitutions

### Indian Butter CHICKpeas

**Coconut:** Substitute 3/4 C heavy cream for 1 10-oz can of coconut cream in CHICKpeas.

**Coconut/Dairy:** Substitute 3/4 C soy milk/cream for 1 10-oz can of coconut cream in CHICKpeas.

**Dairy:** Substitute soy butter, like Earth Balance, or coconut oil for butter in CHICKpeas.

**Dairy/Soy:** Substitute coconut oil for butter in CHICKpeas.

### Spiced Onion Pakora Bites

**Egg:** For 1 egg in Pakora Bites, substitute 1 T flax seed + 3 T warm water. Soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

**Gluten/Wheat:** Substitute gluten-free flour for flour in Pakora Bites.

## Indian Nimbu Pani Limeade

### Instructions

#### Indian Butter CHICKpeas

##### combine + chop + cook

Combine all the spices: **1 teaspoon coriander, 1 teaspoon chili powder, 1 teaspoon turmeric powder, 1 teaspoon garlic powder** into a large pot. Then add **2 tablespoons vegetable oil** and **1 can of chickpeas** to the pot on medium heat while kids chop **3 green onions** and **2 tomatoes**. Remove after about 5 minutes of cooking or when kids finish chopping. Reserve the chickpeas in a small bowl. The chickpeas will be added to the recipe in the final step.

##### add + sauté

Turn the heat to medium and add the chopped onions and tomatoes to the pot. Sauté all the ingredients for approximately 5 minutes, or until the white part of the onion becomes translucent.

##### add + simmer

Add **1 can of coconut cream** and simmer on medium-low heat for another 5 minutes. Then, add **1 cup of water** and simmer the sauce until ready to serve. The longer this dish simmers the more flavorful it will become.

##### transfer + blend + pour

Transfer the contents of the pot to your blender and carefully blend the tomato and onion into the liquids. This will create a light orange broth. Pour this mixture back into the pot and continue to simmer.

##### stir + warm + season + serve

Stir the reserved chickpeas and **2 T butter** into the broth in the pot. Reduce the heat to low to keep the stew warm while you serve. Don't forget to finish the recipe with salt and pepper to taste. If you want to add more spices, please do! Make sure the stew is extra thick and coats the chickpeas. To make the stew thicker, simply simmer on low heat for 5 to 10 more minutes until you have the desired consistency

#### Spiced Onion Pakora Bites

##### slice + crack

Slice **1 yellow onion** into strips and toss into a bowl. Crack **1 egg** into the bowl.

##### measure + mix

Measure and add to the bowl **1/4 cup flour, 1 teaspoon garlic powder, 1/4 cup cornstarch, 1 teaspoon salt, 1 teaspoon pepper**, and **1/2 teaspoon chili powder**. Mix until the ingredients are well combined and a loose batter forms around the onions.

### heat + drip

Heat **1/2 cup of vegetable oil** in a small pot over medium high heat. Drip a bit of the batter in the oil, when it starts to bubble the oil is hot enough to fry the pakoras in.

### scoop + fry + flip + serve

Using a tablespoon, scoop spoonfuls of batter (make sure to get at least 2 to 3 strips of onion in each scoop) into the hot oil. The pakora batter will cook very quickly. Flip the pakoras after about 3 minutes on each side. Serve when golden brown and crispy.

## Indian Nimbu Pani Limeade

### combine + mix

In a pitcher, combine the juice of **1 lime**, **1/4 teaspoon salt**, **1/2 teaspoon garam masala**, **1/4 teaspoon cumin** (optional), **1/8 teaspoon black pepper**, and **4 tablespoons sugar**. Mix those ingredients until the sugar is dissolved.

### add + garnish

Then add **4 cups of cold water** and ice, if using. Garnish with a few chopped mint leaves in each cup, if you would like. This drink is sweet and sour like traditional limeade, but with a spiced Indian twist.

## Featured Ingredient: Chickpeas!

Hi! I'm Chickpea!

"Hmmm, I think I would like you to call me a Chickpea, not a garbanzo bean. Aren't little chicks so cute! You're probably familiar with me if you've ever eaten hummus. It's made with chickpeas! I'm a cute little seed that, when you combine a bunch of us, we can provide an excellent source of protein in your diet!"

### History & Etymology

Chickpeas are a high-protein legume and the main ingredient in many Middle Eastern and Mediterranean dishes. They may also be called garbanzo beans.

Evidence of domesticated chickpeas from about 9,500 years ago has been found in Turkey and the Levant (an area bordering the Mediterranean in Western Asia).

The word "chickpeas" comes from the early 18th century, and earlier was "chiche-pease," which came from late Middle English "chiche," from the Middle French "pois chiche," from the Latin "cicer."

The word "garbanzo" is Spanish for "chickpea," and the word "hummus" is Arabic for "chickpea."

### Anatomy

A chickpea is a round, yellow-tan seed that grows in pods on a legume plant that can grow from 8 to 20 inches high. One pod holds two to three seeds.

Chickpeas are grown around the world, and there are dozens of varieties, including a black one from southern Italy called "ceci neri."

### How to Pick, Buy, & Eat

Chickpeas taste like a bean, but they also have a nutty flavor, and their texture, when cooked, is described as soft and creamy or buttery. For Middle Eastern dishes, dried chickpeas are often boiled and mashed to make hummus, or they are soaked and then ground into flour to make falafels.

You can add cooked or canned chickpeas to salads, roasted veggies, soups, stews, pasta, or rice dishes. You can also roast chickpeas and eat them as a snack. In the Middle East, roasted chickpeas are called "leblebi."

### Nutrition

Chickpeas provide almost 9 grams of protein in a 3.5-ounce serving. They are available either dried or canned. Because they are high in protein, chickpeas are often added to animal and bird feed.

Chickpeas have loads of dietary fiber! So what is fiber good for? Smooth digestion! It helps the body absorb the vitamins and nutrients it needs to be strong and healthy.

Chickpeas are also good sources of folate (vitamin B9), manganese, phosphorus, and iron.