

Chick Peas



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Mr. Goodbar's



Chick Peas Salad

There are many ways of creating a delicious Chick Peas Salad.

Method one: is to create it yourself from scratch.

In this case you need 1 pound of chick peas as the base ingredient.

Place chick peas in a large bowl (check for any foreign objects e.g. stones, sticks, etc).

Add enough water to cover them and 2 teaspoons of baking soda. Let them soak overnight.

The next day, drain the overnight water and boil in fresh water until tender to your taste.

This is actually the best way to begin.



However, you should purchase the right chick peas and there are many brands on the market.

Determining the correct one is sometimes very difficult.

If you are satisfied with the brand you presently buy, do not change.

When shopping for chick peas at the supermarket, you will discover that there are inexpensive chick peas with or without a brand name.

Upon looking further, however, you may notice skin defects or discoloration from one brand to another, as well as differences in size.

In the chick peas category, the larger the size, the better it is.

On the other hand, for example, the smaller the okra, the better it is.

Mr. Goudas Chick Peas do not have any of the above deficiencies.

They are well uniformed in size.



I do not say this because I personally created this recipe but I am very strict and fussy about the quality of all my products.

Customer satisfaction is very important to me.

All my employees, have tried this products, and have unanimously agreed that they are the best.

The reason being is that my organization chooses the proper crop, the right area of growing, the right size, minimizes the skin defects, and transports the chick peas from the farms to the packaging plant and finally to the store, in such a manner, so as to ensure that the consumer purchases the best.

Method two:

You can avoid all the picking, washing, rinsing, soaking, etc... by simply purchasing a can of Mr. Goudas Chick Peas.

Drain the water. Rinse once, and place the contents into a large bowl. Cut one large semi-sweet onion into cubes, approximately the same size as the chick peas, and add.

Wash 2 celery stalks (remember to remove the strings as much as possible) and cut into cubes, the size of the chick peas or smaller. Add a few leaves of chopped parsley, and finally sprinkle with Mr. Goudas Extra Virgin Olive Oil and a little oregano (optional).

(Do not pour too much Olive Oil since the Chick Peas do not know how to swim).

Add the juice of 1 fresh lemon, 1 finely chopped clove of garlic, and Salt and black pepper to taste.

Please mix gently with two spoons until all ingredients are balanced out.

Serve as is, or as a side dish to the main course.

You may also cover your chickpeas salad with a plastic wrap and refrigerate for the following day, thereby allow-



ing the flavour of all the ingredients to penetrate the chick peas.

Needless to say, this dish contains lots of fiber and iron.

My grandmother died at the age of 106 and she drank half of a small cup of Olive Oil every morning. In this case, it was not the Mr. Goudas brand, since I had not yet created the Goudas line of products.

At that age she had almost all of her teeth, except for a few broken ones due to the fact that she may have used inferior chick peas with no brand name, which maybe had sticks and stones inside!

Since hundreds of recipes have been written about Mr. Goudas Chick Peas, the company and I feel that we are at the point of no return, with respect to the selection of the best chick peas.

I will not say that you will never find a little stone here and there that looks like the peas themselves in the package of the raw product, so I advise you to examine prior to using because errors do happen.

I do not want anyone to say that they are missing a tooth because they used Mr. Goudas Chick Peas.

Chick Pea Trivia: Chick peas are grown in countries such as California, Mexico, Central Canada, Turkey, India and Australia. Usually, Mexico produces the largest sized chick peas, and they are softer.

There are some countries in the world that have never heard about chick peas, even though they are near to the countries that produce them.

For example, Turkey is one of the leading countries in chick pea cultivation, they even roast them and eat them as a snack, yet, the natives of the neighboring country, Bulgaria, have no knowledge of

chick peas.

I hope you have had a bit of fun preparing this salad and enjoy it as much as I did.

I have launched another variety of chick peas in the can, Mr. Goudas Chico Garlito , which is basically chick peas with a garlic flavour.



Please make a note that this is not an ideal snack to eat before you go on a date. However, you take a can along and both of you can eat it. Then, it will be smooth sailing.

CHICK PEAS SOUP

1 lb Chick Peas 1 teaspoon Baking Soda
2 onions 2 tablespoons Olive Oil 1 teaspoon Parsley flakes 1 lemon, Salt and Pepper to taste 1 tablespoon Mr. Goudas Trinidad Hot Sauce.

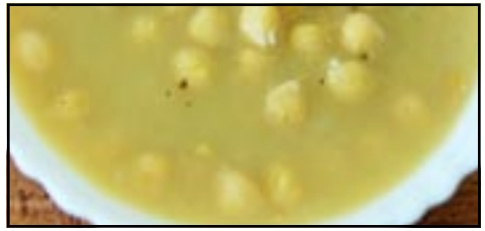
Soak chick peas overnight in water with baking soda.

The next day, drain off water and thoroughly rinse them also check for stones or any foreign objects.

In a medium sized pot filled with 2/3 water, add chick peas, cover and bring to a boil. Reduce heat to medium and continue boiling for approximately 30 to 45 minutes.

Chop the onions into wedges and add together with the olive oil, hot sauce, parsley, the juice of 1 lemon, and salt/pepper to taste.

At this point, you may remove a spoonful of chick peas and transfer them to a plate. Using a fork, crush them and return these ground chick peas to the pot.



This adds thickness to the soup.

Reduce heat and allow to simmer for an additional 30 minutes or until chick peas are tender to your taste.

Remove from heat.

Serve with lemon slices, fresh bread, Feta Cheese and olives.

This is a very simple method of preparing this wonderful dish and I suggest that sometimes you give it a try.

However, if you are feeling a little under the weather, or time is of essence, then I suggest that you open a can of Mr. Goudas Chick Peas Soup, which does not contain any MSG.



Heat it up, serve and enjoy!

The above are a few suggestions for using Chick Peas.



These two pictures illustrate Curried Chick Peas, also referred to as Curry Channa, which make a favorite East Indian and Caribbean dish.

There are multiple variations, depending upon the individual's taste and nationality, to fill an entire recipe book! However, in this pamphlet, I have chosen to give you an idea of the products and some suggestions on how to use them.

This variety of chickpeas can be cooked in many variations and is found in many different recipes.

However, if you want to make chickpea soup, salad or for better presentation, the ideal is the Mr. Goudas brand chickpeas with code 18 weighing 1lb and code 290 weighing 2kg.

Those 2 packages are considered to be the best in the world.

These chickpeas are usually 10-12 mm in diameter, grown in very specific areas (generally in Mexico) under Mr. Goudas' strict rules for cultivation and monitoring, and after soaking become almost twice as large, cook much easier and have a tender skin.

I said after you had the first bite of this particular variety of chickpeas, "you will hear bells ringing, a choir of angels singing, and with your closed eyes you will have a clear view of paradise!"

Of course, they cost more but if you would like to taste the best chickpeas in the world, here is your chance!

In my company we have another variety of chickpeas called Kabuli.

The Kabuli variety is smaller in diameter, and is grown in Canada. It is also much cheaper in price. The purpose of this variety is to create dishes that do not include a presentation factor because after cooking, the chickpeas will be crushed.

This variety of chickpeas is called **LAL GATE**

The Lal Gate chickpeas may be cooked in a variety of ways and is found mainly in Indian, Pakistani or Sri Lankan recipes books.



You may make the following two dishes with this variety of chickpeas.

East Indian Style Cuisine

CHICKPEA CHANNA

Ingredients: 1 lb Lal Gate chickpeas, 1/2 teaspoon cumin seeds, 1 minced onion, 1 tablespoon minced fresh ginger, 1 tablespoon minced garlic, 1/2 teaspoon ground turmeric, 1 tablespoon ground coriander, 1 teaspoon cayenne pepper powder, 1 1/2 cup tomato sauce, 1/2 teaspoon salt to taste, 2 tablespoons lime juice.

Instructions: Soak chick peas in water overnight. Boil until tender. Chop half of the chickpeas coarsely. In a food processor or blender, process the remaining chickpeas and the liquid to a puree. Set aside.

In a non-stick saucepan, over medium heat, add the cumin seeds and stir until they crackle, about 10 seconds. Add onion, ginger & garlic. Stir until onion is translucent.

Add turmeric, coriander, cayenne pepper, and stir for about 20 seconds, being careful not to burn the mixture. Add tomato sauce.

Bring to a boil, reduce heat and let simmer 1 minute. Add chopped & pureed chickpeas and cook by constantly stirring for 2-3 minutes to allow the flavours to blend.

Remove from heat.

Add lime juice and stir. Add salt to taste. Serve with rice.

CHANNA MASALA

Ingredients: 1 cup chick peas , 1 onion, 1 tomato, 1 green chilli, 4-5 garlic cloves, 1 inch of ginger, 2-3 bay leaves, 1 teaspoon red chilli powder, 1/2 teaspoon turmeric powder, 1 teaspoon coriander powder, 1 teaspoon Garam Masala powder, 3 tablespoons Mr. Goudas vegetable oil, Mr. Goudas Salt to taste , coriander leaves to garnish.

Instructions: Soak chick peas in water overnight, then boil until tender. Cut up onion, tomato and green chilli and grind it in mixer along with ginger and garlic to make a paste. Heat oil in a pan and fry bay leaves for 30 seconds.

Add the paste and fry on medium heat until golden brown and the oil starts separating from the mixture. Add red chilli powder, turmeric powder, coriander powder, Garam Masala and salt. Mix well. Fry for 2-3 minutes.

Slowly mix in water, enough to make a thick gravy. Bring the gravy to a boil. Add cooked chick peas (along with the water in which they were cooked). Stir well and cook over medium heat for 5-7 minutes. Garnish with chopped green coriander leaves and serve hot with rice.

A friendly reminder Mr. Goudas rice is ideal with these recipes.

So, instead of saying
have a good day,
let us say:
Have a Chick Peas day!

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