

A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

Garbanzo Soup

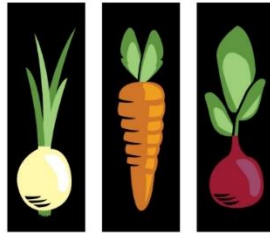
Hero ingredient: Garbanzo Beans

Ingredients

- 6 cups water + extra
- 2 bay leaves
- 2 Tbs oil
- 1lb dried garbanzo beans, cleaned
- 1 large shallot, minced
- 1 leek, cleaned and small diced
- 1 cup celery, small diced
- 1 lemon, halved
- ½ cup white wine
- small bunch fresh thyme
- salt and white pepper to taste

Directions

Place the garbanzo beans, 6 cups water, bay leaves, and 2 teaspoons of salt in a pot. Bring to a boil. Cook for about an hour. Add water if it evaporates too quickly. Heat oil over medium high heat in a separate pan. Sauté shallot, celery, and leek until tender. Pour in white wine and cook until reduced to half. Carefully, transfer the vegetables to the pot of beans. Tie the bunch of thyme tightly with twine and submerge into the beans. Continue to cook for another 30 minutes or until beans are tender. Sprinkle with pepper and salt if needed. Remove from heat. Squeeze in lemon juice. Serve immediately.



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Easy Fried Garbanzo Snack

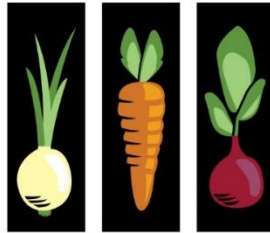
Hero ingredient: Garbanzo Beans

- 15 oz canned garbanzo beans, rinsed and drained
- 1 Tbs smoked paprika
- 1 ½ tsp garlic powder
- 1 tsp onion powder
- ½ tsp cumin
- ½ tsp salt
- vegetable oil
- chopped flat leaf parsley (optional)

Directions

Whisk all the ingredients except the garbanzo beans and oil in a mixing bowl. Set aside. Lightly press the garbanzo beans between paper towels to dry. Fill a small pan with about an inch of oil. Heat over medium high heat until hot. To test, carefully drop 1 bean in the oil. If it begins to sizzle and rises to the top within a minute, the oil is hot enough.

Using a slotted spoon, scoop up a spoonful of beans and carefully lower into the hot oil. Cook for 3 minutes. Using the slotted spoon, transfer the fried beans to the mixing bowl. Stir them into the seasoning to evenly coat. Repeat this process until you've cooked all the beans. Taste, sprinkle with extra salt if needed. Allow to cool completely. Sprinkle with chopped flat leaf parsley.



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Chocolate Garbanzo Cake

Hero ingredient: Garbanzo Beans

Ingredients

- 16 oz garbanzo beans, cooked and rinsed
- 4 eggs
- 2 large naval oranges, zested and juiced
- 1 tsp baking powder
- 1 tsp baking soda
- ½-¾ cup sugar
- ½ cup dark cocoa powder
- powdered sugar for dusting (optional)

Directions

Preheat your oven to 350F. Grease a 9inch baking pan. Set aside.

Place the garbanzo beans, orange juice, and eggs in a blender and blend just until smooth. Beat in the baking soda and powder. Beat in the remaining ingredients until they just come together. Spread the cake batter into the greased baking pan. Bake for 20-25 minutes or until a toothpick inserted comes out clean. Let cool for 10 minutes before inverting the cake onto a plate. Allow to cool completely and dust with powdered sugar if you like.

*The blender may not be able to break down the beans completely if the hulls are attached. It's ok if the batter feels grainy.