



Savory Chickpea Tobago "Doubles" + Sweet "Bara" Fry Bread + Creamy Trinidadian Cocoa Tea

By Dylan Sabuco

Prep Time 40 / Cook Time 30 / Serves 4 - 6

Shopping List

FRESH

4 garlic cloves

1/4 bunch cilantro (1/4 C chopped)

DAIRY

1 1/2 cups milk ****(see allergy subs below)****

PANTRY

1 15-oz can chickpeas/garbanzo beans ****(see allergy subs below)****

1 1/2 tsp curry powder

1/2 tsp ground mustard

1 tsp salt

1 pinch ground black pepper

2 cups all-purpose flour ****(see allergy subs below)****

1 tsp brown sugar

1 tsp yeast

1 tsp baking powder

1 T vegetable oil + 1 C for cooking

3 T dark cocoa powder ****(see allergy subs below)****

- 1/2 C brown sugar
- 1 pinch cinnamon
- HAVE ON HAND
- 3 1/2 cups water
- 2 C ice

Fun-Da-Mentals Kitchen Skills

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

mix: to thoroughly combine two or more ingredients until uniform in texture.

simmer: to cook a food gently, usually in a liquid, until softened.

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

shape: to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

steep: to soak a food, like tea, in water or other liquid so as to bring out its flavor.

Equipment

- Pitcher
- Measuring spoons
- Dry measuring cups
- Liquid measuring cup
- Whisk
- Small pot
- Large mixing bowl
- Cutting board
- Tablespoon
- Slotted spoon or tongs
- Medium pot
- Wooden spoon

- Cutting board + kid-safe knife

Ingredients

Savory Chickpea Tobago "Doubles" Filling

- 1 1/2 to 2 C from 1 15-oz can chickpeas (garbanzo beans) **** (for LEGUME ALLERGY sub 2 medium russet potatoes, diced)****
- 1 tsp curry powder
- 1/2 tsp ground mustard
- 1 pinch salt
- 1 pinch ground black pepper
- 1 C water
- 4 garlic cloves, minced
- 1/4 C cilantro, chopped (about 1/4 of a bunch)

Sweet "Bara" Fry Bread

- 2 cups all-purpose flour **** (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- 1 tsp brown sugar
- 1 tsp yeast
- 1 tsp baking powder
- 1 C water
- 1/2 tsp salt
- 1 T vegetable oil + 1 C for cooking
- 1/2 tsp curry powder

Creamy Trinidadian Cocoa Tea

- 3 T dark cocoa powder **** (for CHOCOLATE ALLERGY sub carob powder)****
- 1/2 C brown sugar
- 1 1/2 cups water
- 1 1/2 cups milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 1 pinch salt
- 1 pinch cinnamon

□ 2 C ice

Food Allergen Substitutions

Savory Chickpea Tobago "Doubles" Filling

Legume: For 1 1/2 to 2 C chickpeas, substitute 2 medium russet potatoes, diced. The diced potatoes should be tender after cooking for 25 minutes.

Sweet "Bara" Fry Bread

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Creamy Trinidadian Cocoa Tea

Chocolate: Substitute carob powder for cocoa powder.

Dairy: Substitute dairy-free/nut-free milk.

Instructions

Savory Chickpea Tobago "Doubles" Filling

intro

A "double" is described as Trinidad's ultimate street food, and I can see why after making this recipe. You'll combine the most simple and crispy bread recipe you can imagine with curried chickpeas for a sloppy and flavor-packed meal.

measure + combine

In a medium pot, have your kids measure and add **1 1/2 to 2 cups chickpeas, 1 teaspoon curry powder, 1/2 teaspoon ground mustard, 1 pinch of salt, and 1 pinch of black pepper**. Turn the heat to medium low and stir.

mince + simmer

Kid chefs can mince **4 garlic cloves**. Then, add the minced garlic and **1 cup of water** to the pot. Allow this to simmer for about 20 minutes. While your knives are out, chop about **1/4 bunch cilantro** as small as possible to equal 1/4 cup. The cilantro is perfect for sprinkling on top of your doubles.

cool + serve

Remove the chickpeas from the pan and allow the whole mixture to cool for about 5 minutes so that it

won't burn your fingers when you eat it sandwich style. Serve this messy, wet chickpea mixture between two pieces of "bara" bread (see Sweet "Bara" Fry Bread recipe) for the ultimate Trini street food.

Sweet "Bara" Fry Bread

measure + combine

Have your kids measure and combine **2 cups flour, 1 teaspoon brown sugar, 1 teaspoon yeast, 1 teaspoon baking powder, 1 cup water, 1/2 teaspoon salt, 1 tablespoon vegetable oil,** and **1/2 teaspoon curry powder** in a large mixing bowl. Mix until a loose, wet ball of dough forms. Be careful to not over mix. This dough will look a bit rough around the edges at this point.

rest + measure

Allow the dough to rest for about 5 minutes. While that is happening, measure **1 cup of vegetable oil** and pour it into a small pot. Turn the heat to medium. On a clean cutting board, drip any remaining drops of oil out of the measuring cup onto the board. You will need to flatten the dough using the oiled surface.

shape + fry

Scoop 1 tablespoon of dough onto the cutting board, then, using clean hands, have the kids flatten the double dough as much as possible. Adults can then drop the dough into the hot oil. It cooks for 5 seconds on each side. You read that correctly...5 seconds! If the kids don't flatten the dough enough, adults should flatten them further. A thick double will not cook. Remove with a slotted spoon or tongs and place onto a paper towel lined plate.

cool + smoosh

Allow the fry bread to cool for a few minutes before you serve it with the Savory Chickpea Tobago "Doubles" Filling (see recipe). Spoon a few scoops of the saucy chickpeas between two pieces of "bara" bread (or 1 piece of bread, folded taco-style) and have your kids smoosh them together. Dig in! Enjoy!

Creamy Trinidadian Cocoa Tea

intro

This "tea" is actually quite unique! In this recipe, you treat cocoa powder like you would tea leaves in typical tea. The mixture will steep and then be whisked together to remove all the lumps. It makes for a tasty, ice-cold refreshment.

measure + whisk

Measure and combine **3 tablespoons dark cocoa powder, 1/2 cup brown sugar, 1 pinch of salt,** and **1 pinch of cinnamon** in a large pitcher. Slowly whisk in **1 1/2 cups water** and **1 1/2 cups milk**. Allow the ingredients to sit together for a few minutes. Then whisk this recipe as much as possible; otherwise, your "tea" will be lumpy.

ice + pour

Divide **2 cups of ice** between all of your cups. Then, pour the Trinidadian Tea over the ice. Make sure to say "Cheers!" before sipping your chocolate tea.

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.