



Savory Chickpea Tobago "Doubles" Filling

By Dylan Sabuco

Prep Time 25 / **Cook Time** 25 / **Serves** 4 - 6

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.

Equipment

- Medium pot
- Dry measuring cups
- Measuring spoons
- Wooden spoon
- Cutting board + kid-safe knife
- Liquid measuring cup

Ingredients

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- 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)

Food Allergen Substitutions

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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.

Instructions

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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.

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.