

HOW TO MAKE CHICKPEA TOFU

INGREDIENTS:

1 cup chickpea flour
1 tsp sea salt
1 garlic clove, pressed
1 tsp herbs (your choice; I used basil, thyme, oregano)
3 cup water, divided
2 tsp olive oil

DIRECTIONS:

Lightly oil a square pan (I used an 8 x 8-inch size) with olive oil. In a medium mixing bowl, add chickpea flour along with salt, garlic and ground seasonings. Whisk to combine. Add 1 1/2 cups of water and whisk until smooth.

In a medium stock pot, bring 1 1/2 cups water to a boil, then reduce heat to medium/high and vigorously stir in the chickpea flour and water mixture from above. Whisk this over the heat consistently until the mixture becomes thick, smooth and “glossy” (about 6 to 7 minutes).

Pour mixture into the greased pan. Leave out at room temperature to cool and set for minimum of two hours. When ready to prepare salad, cut tofu into cubes and sauté lightly in olive oil until crispy on each side. There will be leftovers!

Indian version: One of them is very similar to the recipe above but instead of cubes, smear it on parchment paper thin, cut it in strips, roll it into little rolls and sprinkle with a mix of mustard seeds and sesame seeds and fresh coconut/ fresh chopped cilantro. AND instead of cooking with water, cook with a mixture of water and tangy plain yogurt.