Article published on July 23rd 2012 | Food

Cooking chickpeas is simple. There are optional methods, which vary in terms of time and convenience. Research has also discovered a soaking method which will reduce intestinal gas without destroying the protein and fiber benefits of eating beans. All cooking methods require two steps: soaking and cooking.

One cup of dry chickpeas will yield about 2 cups cooked. Legumes come to us directly from the field without any processing, so begin by sorting dried beans to remove any pebbles, dirt or bad beans. It is easiest to do this in a light colored lasagna or cake pan. Rinse the beans and place in a pot.

Slow Soak

In a large pot with a tight fitting lid place desired quantity of beans. Add 2 cups of water for each cup of beans. Put the pot in your refrigerator and soak while you are at work, for beans to cook that evening. You can also soak overnight to cook for breakfast, or put into a crockpot to cook all day for a delicious dinner. Soak at least 6 hours.

Quick Soak

In a large pot with a tight fitting lid place desired quantity of beans. Add 2 cups of water for each cup of beans. Bring the pot to a boil, boil for 2-3 minutes and turn off the heat. Let the beans soak for 1 hour.

Reduce Gas Soak

In a large pot with a tight fitting lid place desired quantity of beans. Add 2 cups of water for each cup of beans. Bring the pot to a boil, boil for 2-3 minutes and turn off the heat. Soak the beans at room temperature overnight, or for at least 8 hours. Most of the sugars which cause gas will now be in the soaking water, so rinse thoroughly before cooking.

Stove Cook

If you do not have problems with legumes causing gas, keep the chickpeas in their soaking liquid. Add enough more water so that there is twice as much water as beans. Bring to a boil, and turn down to a simmer. Cook chickpeas for 2.5 to 3 hours. Chickpeas are done when you can easily smash one between your thumb and forefinger.

If you are adding salt or acids [lemon juice, vinegar, or tomato paste] add near the end of cooking or the chickpeas will be tough. Do not use baking soda to soften the beans. It is not necessary, and adds 160 mg of unnecessary sodium to your food.

Slow Cooker Cook

This is my favorite method to cook beans of all types, including Chickpeas. Use a medium or large crockpot. Pre-soak the beans. It is easy to pre-soak them overnight in the crock. If you do not have problems with legumes causing gas, keep the chickpeas in their soaking liquid, or rinse them of you prefer.

Be sure to cover the beans with 2 cups of water per cup of beans. Cooking chickpeas on High for 4 hours will yield the best results, but if you put them to cook in the morning for dinner that evening, cooking on Low for 8-10 hours works just fine.

Storing cooked Chickpeas:

You can store chickpeas in the refrigerator in their cooking liquid for up to two days. You can also freeze cooked chickpeas and use later as additions to soups and stews.

Article Source:
http://www.articleside.com/food-articles/holy-food-religious-food-spiritual-food.htm - Article Side

Meigancam - About Author:
For delicious hummus recipes and vegetarian sandwiches using chickpeas, visit holy-food.org. For more information on nutrition in Chickpeas and beans, visit Mayo Clinic:
http://www.mayoclinic.com/health/legumes/NU00260

Article Keywords:
holy food, religious food, spiritual food, religion and food, christian hospitality

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!