

Spanish Garbanzo Salad



The Spanish name for chickpeas, 'garbanzos' comes from the their word for seed 'garau' and 'antzu' meaning dry. Garbanzos are part of the 'slow food' movement, as they are a dried seed they need soaking overnight and then are best simmered for hours to absorb the flavours of the broth.

They have been part of Spanish cuisine for centuries and appear in one pot meals 'cocidos' and in 'potajes' thick soups. Madrid's signature dish 'cocido madrileño', a delicious stew made with mixed meats, sausages, and vegetables is made with chickpeas for example.

In the countryside, in less affluent areas, the stew would be made with a a ham bone, fresh aromatic herbs and vegetables together with chickpeas cooked in a single pot. Traditionally a large quantity is cooked in one batch and used in a variety of dishes throughout the week.

What makes garbanzos so useful is this last quality, as after cooking they can simply be dressed with oil and vinegar and used in fresh salads.

Credit: Ceri, Zenxin Master Chef

Ingredients:

- 250g 'Simply Natural' garbanzos (soaked overnight)
- 1 tsp 'Simply Natural' French sea salt
- 1 litre Filtered water

Dressing:

- 2-3 cloves Spanish morado organic garlic, finely chopped
- 6 tbs 'Simply Natural' Spanish organic extra-virgin olive oil
- 2 tbs Spanish organic balsamic vinegar
- 2 tbs 'Simply Natural' fermented black bean sauce (light)
- A pinch of French sea salt and freshly ground black pepper.
- ~350g organic butternut pumpkin
- 1 medium red organic onion
- ½ organic green capsicum

Method:

1. Rinse the garbanzos, place in a bowl and add filtered water until well covered.
2. This must be at least 2" above the chickpea level, leave overnight. (8-12hrs)
3. Drain off the soaking water in the morning through the simmering basket.
4. Place 1 litre of fresh filtered water into the Thermomix bowl.
5. Place the simmering basket into the bowl and sprinkle over the tsp of salt
6. Set the time at 1hr, temp at 98°C and speed 1, or use your normal method to cook.
7. Peel and cube the pumpkin and set the oven temperature to 190°C.
8. Prepare the dressing ingredients and blend well together.
9. Toss the pumpkin in the dressing, drain and reserve dressing, bake for 30 mins.
10. Pour the reserved dressing over the hot chickpeas for better absorption.
11. Pour when they have finished cooking and leave to marinate.
12. Remove the roasted pumpkin and leave to cool.
13. Peel and chop the onion finely and marinate in 2 tsb to reduce the 'bite'
14. Wash, de-seed and chop the green pepper.
15. Wash and spin the baby spinach.
16. Combine all the ingredients, toss well to coat the spinach and serve immediately.