

MARCH/APRIL 2016

FLAVOR

THE MENU



STREET-LEVEL
TRENDS

STEAKHOUSE

India Emerging
+ Juice Trends
Grain Salads
Trends in Frying

FLAVOR TRENDS, STRATEGIES & SOLUTIONS FOR MENU DEVELOPMENT

CHICKPEAS

As the United Nations' International Year of Pulses gets underway, chickpeas are at the head of the pack in culinary innovation. Chefs are showcasing this humble ingredient, opening up possibilities outside of the ever-popular hummus. And consumers, perhaps motivated by the growing presence of crispy chickpea snacks in the grocery aisle, are viewing this ingredient as a marker of feel-good food.

We make Chickpea Bites with chickpea flour, and cook it like polenta. Once cool, we shape and fry them, flavoring with lemon juice, Parmesan and cayenne. We serve them as a late-night dish or in a wrap during lunch. I love how versatile chickpeas are—not only do we use them as flour, but also sautéed in our Warm Octopus Salad and puréed in our Sumac Hummus & Grilled Beans.

LOUIS DIBICCARI, CHEF/OWNER
TAVERN ROAD, BOSTON

I serve chickpea fries with fennel pollen and harissa mayonnaise as a snackable appetizer. Chickpeas are a healthier option yet provide the same consistency as a starch, so they can be prepared in unique ways. I also fry or bake chickpeas whole and use them as croutons for a salad.

MATT O'NEILL, EXECUTIVE CHEF
ASPEN KITCHEN, ASPEN, COLO.

We use chickpea flour in our chickpea fries, which are a customer favorite. The flour is combined with cornmeal polenta, Grana Padano and fresh herbs, which sets into a chickpea panisse and yields a texture that's creamy on the inside and crunchy on the outside, with a nutty, cheesy and savory flavor.

MATT "SKITTLES" SLIWINSKI, CHEF DE CUISINE
THE PROMONTORY, CHICAGO

Oh, the things you can do with chickpea flour! It makes a fantastic base for fritters, very popular in India; it makes a very cool polenta variety known as panisse in the south of France, as well as a thick savory crêpe called socca, from the same region.

ANDREW ZIMMERMAN, EXECUTIVE CHEF
SEPIA, CHICAGO

I use chickpeas in many different ways: puréeing, stewing, frying, and even making them into a flour. They're high in protein and nutrients, and they add a unique flavor. Our Chickpea Spätzle uses both chickpea flour and a high-gluten flour. We pair it with housemade sausage, a chickpea and mustard purée, fried crispy chickpeas, and in the spring we add fresh green garbanzo beans.

JUSTIN SHOULTS, EXECUTIVE CHEF
BRINE, NEWBURYPORT, MASS.

We use the whole chickpea because of its amazing texture. We also use chickpea flour to enhance flavor, while thickening a dish. In our Chickpea Ceviche—with onion, potato, tomato, mint, tamarind and yogurt—the chickpeas provide a creamy texture and stand up to the acidity of the dish. Chicken and paneer pakoras also use chickpea flour, a nice alternative to a heavy batter.

SUNIL KUMAR, EXECUTIVE CHEF
MARIGOLD MAISON, BANNOCKBURN, ILL.,
AND PHOENIX, ARIZ.

At Sepia in Chicago, Executive Chef Andrew Zimmerman uses chickpea flour as a base for onion fritters, served with cilantro-mint chutney.