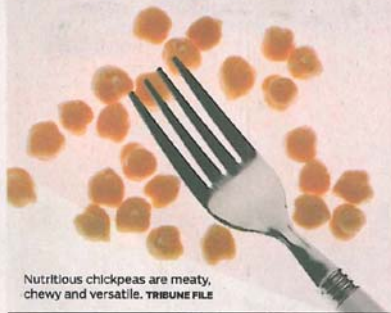


good eating

Chicago Tribune WEDNESDAY, DECEMBER 10, 2008 | SECTION 4

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9A CHICAGO TRIBUNE | GOOD EATING | SECTION 4 | WEDNESDAY, DECEMBER 10, 2008



Nutritious chickpeas are meaty, chewy and versatile. **TRIBUNE FILE**

Chickpea salad with ginger

Prep: 15 minutes **Makes:** 4 servings

- 1 tablespoon cumin seeds or ground cumin
- 3 cups cooked or rinsed canned chickpeas, see note
- 2 bell peppers, red, yellow or orange, cored, seeded, diced
- 1 red onion, diced
- 1 piece (1-inch long) ginger root, peeled, minced, or more to taste
- 1 tablespoon sugar, optional
- 3 tablespoons fresh lemon juice or to taste
- 1/2 teaspoon salt
- Freshly ground pepper, chopped cilantro

1 Toast cumin seeds in a small skillet over medium-low heat until fragrant, about 2 minutes. Grind to a powder using a spice mill, coffee grinder or mortar and pestle. If using ground cumin, lightly toast.

2 Combine the chickpeas, bell peppers, onion, ginger, sugar, lemon juice, salt and pepper to taste in a large bowl. (You can prepare dish up to this point in advance; let stand up to 2 hours.) Add more salt, pepper or lemon juice, if desired; garnish with cilantro.

Note: To prepare dried chickpeas, place 1 cup in a large bowl;

A legume to love

By Mark Bittman
NEW YORK TIMES NEWS SERVICE

Chickpeas—also called garbanzos, ceci and chana, among many names—are among the most widely appreciated legumes, grown on every continent except Antarctica, and cooked and served in countless ways. The recipe here is a more-or-less North African treatment, by way of Cordoba, in southern Spain.

The popularity of chickpeas stems from three assets. They're meaty, relatively big as legumes go, and chewy. They have a different flavor from any other legume, arguably the best of all. And

the liquid you cook them in is delicious. You'll need some of this last year's canned chickpeas, but the canned ones are the taste of heaven. Canned chickpeas are so delicious, you should always buy them before using. If you are making them, some dried chickpeas will do the trick. Soak them overnight until they are soft. This could even longer than

Calendar

Book signing: Chef/owner Marcus Samuelsson signs his cookbook, "Soul of a New Cuisine." \$45 includes book, Champagne and appetizers. **Wednesday, C-View, Affinia Chicago Hotel, 166 E. Superior St., 29th floor. Reserve, 312-523-0923.**

Hot dog! Bob Schwartz of Vienna Beef presents "Never Put Ketchup on a Hot Dog: A History of Hot Dog Stands and the Public's Passion for Them." Sponsored by Culinary Historians of Chicago. \$5; \$3 students, free to members. **10 a.m. Saturday, Kendall College, 900 N. North Branch St. Reservations, 708-788-0338.**

French flair: Madeline Bullwinkel shows how to make brioche. \$85; \$75 members. **10 a.m. Dec. 13. Alliance Francaise de Chicago, 810 N. Dearborn St. Information, 312-337-1070.**

Holiday treats: Eden Rosenbush demonstrates sweet and savory "Gifts from the Kitchen" \$45. **1 p.m. Saturday, Big Red Oven, Cambium Furniture and Kitchens, 113-119 W. Hubbard St. Register, 773-618-6836.**

Festive feast: The Hearty Boys demonstrate an elegant holiday dinner. \$60. **6:30 p.m. Dec. 17. The Hearty Boys Catering, 3819 N. Broadway Ave. Register, 773-244-9866.**

—Elizabeth Schiele



BEST BOOKS OF THE SEASON

Calendar

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