

PULSE APPETIZERS

BOMBAY PAKORAS

Fred Lautenschlaeger



Classic Indian finger food that no one can resist!

Serves 12

The Batter

1 cup chick-pea flour (available at specialty and Indian stores)

¼ tsp. baking powder

1 tsp. salt

½ tsp .turmeric

½ tsp .ground cumin

½ tsp fresh ground pepper

1 tbsp. chopped fresh coriander (cilantro)

½ tsp. cayenne pepper

¾ c. warm water

Peanut oil for deep frying

The Fillings:

1 small head of cauliflower broken into 1" florets

3 medium onions sliced thin

Or

3 medium potatoes, scrubbed, skin left on, sliced in thin rounds

Or

$\frac{3}{4}$ pound green beans, trimmed, cut in half

Or

$\frac{1}{2}$ to $\frac{3}{4}$ lb. Anaheim or Italian green chili peppers halved, seeded and deveined, rinsed and patted dry.

Or a combination of

1 cup yellow split peas, simmered 20 minutes and mashed

$1\frac{1}{2}$ cups mashed cooked carrots

1 cup mashed cooked turnip

1. Place one of the fillings in a small bowl. Salt and pepper to taste.
2. Or: With a $\frac{1}{4}$ cup measure or ice cream scoop, scoop up the split pea, carrot and turnip mixture and form 2" balls. Set aside.
3. Make the batter by sifting flour, baking powder, and salt. Mix in the spices. Gradually add about $\frac{3}{4}$ cup of warm water in a stream (use just enough water to make a batter thick enough to coat the vegetables). Beat until smooth. Let stand, covered, in a warm place for about 30 minutes. (The batter may be made 1 day in advance, covered and kept chilled. Allow to return to room temperature before using.)
4. Heat 2" oil in a deep fryer or deep heavy skillet or saucepan until hot (350 degrees) but not smoking.

Whisk the batter and dip the vegetables or vegetable balls into it to coat and fry them in one layer, slowly, for 2-3 minutes, or until golden brown.

5. Transfer the pakoras with a slotted spoon to paper towels to drain. Sprinkle with salt and pepper and serve immediately with any of the following: bottled chili sauce, tomato ketchup with Worcestershire sauce, chutney, yogurt spiced with fresh pepper and minced garlic, or soy sauce mixed with dry mustard and rice vinegar.

TWO-TASTE CECI NUTS

Fred Lautenschlaeger



CeCi nuts (pronounced chae-chee) are a traditional snack. Ceci remains were found in the Middle East (or Southwest Asia for you geography buffs) dating back more than 7,500 years, and it's no wonder why they're still around today. This is really one nutritious dish with two separate and distinct tastes.

Makes 2-3 cups

1 can chick peas, drained and rinsed

½ cup unsalted butter

2 tsp. minced garlic

1 tsp. dry mustard

1 tsp. chili powder

¼ tsp. cayenne

1 tsp. cumin

2 tsp. salt or to taste

1 tsp. onion salt

- 1 tsp. ground ginger
- 1 tsp. ground coriander
- ½ tsp. turmeric
- 1 tbsp. soy sauce or Maggi seasoning

1. Divide chick peas into two parts. Melt ¼ cup of the butter in each of 2 skillets over moderately low heat. Add 1 tsp. garlic to each pan and saute 1 minute.
2. Add half the chick peas to each skillet and saute very slowly, shaking the pans and stirring often until beans start to sizzle and turn a dark golden brown. Taste for doneness – they should take 10-12 minutes. Turn off heat.
3. In a small bowl, mix mustard, chili powder, cayenne, cumin, salt and onion salt.
4. In another small bowl, mix ginger, coriander, turmeric and soy sauce.
5. Sprinkle one mixture over one pan and the other mixture over the other pan. Toss to coat them well. Transfer to separate bowls and serve hot.. Ceci nuts may be made ahead and reheated in a 350 degree oven for 5 minutes or until hot.

SOCCA OR NICOISE CHICK-PEA FLOUR PANCAKE



Fred Lautenschlaeger

In Cannes or Nice you'll often see vendors offering socca to queues of Frenchmen on street corners. It is also a favorite in many Italian port towns. You could call it a savory pastry-although sprinkled with sugar and perhaps a little cinnamon it could go well with coffee.

SERVES 4 TO 6

Oil for quiche dish

½ teaspoon salt

1 cup hot water

1 cup chick-pea flour (available in Indian, health-food, or specialty food stores)

4 tablespoons light Tuscan olive oil

Salt and pepper or sugar for sprinkling

1. Preheat oven to 350'. Lightly oil a 10-inch quiche dish.
2. Stir together the salt and hot water until salt is dissolved. Sift the chick-pea flour into a medium saucepan, make a well in the center and, with a wooden spoon, stir salt water mixture into the flour until smooth. Turn heat to low and whisk mixture for 4 to 5 minutes. Batter will still look wet
3. Spread the batter, smoothing it evenly in the prepared quiche dish. Drizzle about a tablespoon of olive oil over the top and, using a brush or the back of a spoon, spread it lightly over the entire surface. Bake for 30 to 35 minutes or until the surface is golden brown and cracked. Remove dish to a wire rack to cool to room temperature.
4. Pour the remaining 3 tablespoons olive oil into a skillet and heat over moderately high heat until rippling. Cut the socca into 2-inch pieces and fry in batches, until golden brown, about 1 minute. Sprinkle with salt and pepper (+ optional sugar) and serve as a snack or with drinks.

THREE BEAN TERRINE PATE F.Lautenschlaeger

Although this terrine is only 1/3 Italian, it boasts the colors of the Italian flag. It not only looks pretty, but the separate layers of pesto-, curry-, and chili-flavored beans melt in your mouth.

Serves 8 TO 10

THE WHITE BEAN LAYER

4 tablespoons unsalted butter

1 medium to large onion, chopped fine

4 garlic cloves, chopped fine

Salt to taste

1/2 teaspoon freshly ground pepper

1 cup canned cannellini beans, drained and rinsed

4 tablespoons pesto, preferably homemade

2 eggs

1. Melt butter in a skillet over low heat and add onions. Cover and cook until wilted and lightly golden, about 20 minutes.
2. Add garlic, salt, and pepper and cook uncovered 5 minutes more. Remove from heat.
3. Place beans and pesto in the work bowl of a food processor fitted with the steel blade, add onion mixture, and process to a smooth puree.
4. Add eggs and process to incorporate. Taste and correct seasoning. Scrape into a bowl or plastic container, cover, and refrigerate until chilled and ready to assemble with other layers.

THE GREEN BEAN LAYER

4 tablespoons unsalted butter
1 medium to large onion, chopped fine
4 garlic cloves, chopped fine
1½ cups green beans, trimmed and
cut into 1/2inch pieces
1 tablespoon garam masala or curry powder
½ teaspoon salt, if desired
½ teaspoon freshly ground pepper
½ tablespoon fresh oregano or ½ teaspoon dried
½ teaspoon ground coriander
2 eggs

1. Melt butter in a skillet over low heat and add onions. Cover and cook until wilted and lightly golden, about 20 minutes.
2. While onions are cooking, blanch green beans for 5 minutes.
Drain.
3. Add green beans, garlic, garam masala, salt, pepper, oregano, and coriander to onion mixture. Stir and cook about 10 minutes more or until beans are tender.
4. Scrape into work bowl of food processor fitted with the steel blade and with several on-and-off motions process to a coarse puree.
5. Add eggs and process to just incorporate. Taste and correct seasoning. Scrape into bowl or plastic container, cover, and refrigerate until chilled.

THE RED BEAN LAYER

4 tablespoons unsalted butter

1 medium to large onion, chopped fine

4 garlic cloves, chopped fine

1 teaspoon chili powder

½ teaspoon salt, if desired

½ teaspoon freshly ground pepper

2 medium tomatoes, peeled, seeded, and chopped or 4
canned Italian plum tomatoes, drained and chopped

1 cup canned kidney beans, drained and rinsed

2 eggs

1. Melt butter in a skillet over low heat and add onions. Cover and cook until wilted and lightly golden, about 20 minutes.
2. Add garlic, chili powder, salt, and pepper and cook uncovered 5 minutes more.
3. Stir in tomatoes, raise heat to moderate, and cook 10 minutes. Remove from heat.
4. Place beans and cooked mixture in the work bowl of a food processor fitted with the steel blade and puree until almost smooth. Add eggs and process to just incorporate. Taste and correct seasoning. Scrape into bowl or plastic container, cover, and refrigerate until chilled and ready to assemble with the other layers.

ASSEMBLE THE TERRINE

2 teaspoons capers, drained

½ sweet red pepper, seeded, deveined and chopped fine

10-12 large cabbage leaves, blanched until pliable

1. Butter a 9-by- 5-by-3 inch loaf pan. Trim any hard ribs from the cabbage leaves. Line the pan with the leaves, overlapping them slightly to cover bottom, sides, and ends of pan. Leave a few leaves to cover top of terrine.
2. Remove three bean mixtures from refrigerator. Start with white bean puree and spoon it into leaf-lined pan. Smooth layer with a spatula and sprinkle capers evenly over top, pressing lightly into surface.
3. Spoon kidney bean puree on top of white bean puree, taking care not to disturb capers. Smooth layer with a spatula. Sprinkle evenly with chopped red pepper; press lightly into surface.
4. Spoon green bean puree over second layer and smooth with spatula. Tap loaf pan several times on counter top to expel any air bubbles.
5. Cover top of terrine with remaining cabbage leaves, folding them in or trimming them to fit.
6. Preheat oven to 350 degrees.
7. Wrap loaf pan completely in aluminum foil, folding edges over to seal. Set the pan in a baking pan in the middle of the oven. Pour boiling water into the pan until it comes halfway up the sides of the loaf pan.
8. Bake for 2 hours or until center of terrine feels firm to the touch. Remove from water and unwrap.

KIDNEY BEAN AND FRESH CORIANDER SPREAD

Fred Lautenschlaeger

Makes about 1 cup

1 1/4 cups canned kidney beans, drained and rinsed
1/2 teaspoon ground cumin
1 teaspoon minced garlic
1/2 teaspoon Tabasco sauce
2 tablespoons peanut, com, or safflower oil
1 1/2 tablespoons wine vinegar
1 heaping tablespoon chopped fresh coriander leaves
(cilantro)
Salt and freshly ground pepper to taste

1. In a food processor or blender puree the ingredients to a coarse spread.
2. Serve on pieces of toasted pita bread or on toasted Frenchbread rounds with thinly sliced avocado or hard-boiled egg slices for garnish. Also good as a base for thinly sliced chicken or roast beef sandwiches.