

dinner recipe for roundtable #1

IN THE FRAME OF MONTAG MODUS

ECOLOGY OF ATTENTION - STAND OUT OF OUR LIGHT

chickpeasoup

For two portions of homemade chickpea soup, you need several ingredients. You are sure to find a large part of them in your larder:

2 small onions
A little olive oil
3 cloves of garlic
about 450 g cooked chickpeas
about 1 l vegetable stock
1 to 2 tsp paprika powder
2 teaspoons of cumin
salt and pepper
juice of half an organic lemon
if necessary, some crème fraîche or natural yoghurt for garnishing

Tip: It is best not to buy pre-cooked chickpeas from a can for the chickpea soup, but to boil them briefly yourself. You can find out how to do this in the section on soaking chickpeas below.

Since the chickpea soup does not require much effort, you can easily prepare it just before eating. Allow about half an hour to three quarters of an hour for it - it shouldn't take longer.

1. First peel the onions and chop them finely. Do the same with the garlic.
Heat some olive oil in a large pot and sauté both the onions and garlic for a few minutes.
2. In the meantime, drain the chickpeas and add them to the vegetables. Also add the vegetable stock and bring to the boil.
3. Then simmer for about 15 minutes over a medium heat.
4. Take the soup off the heat and purée it finely.
5. Season with salt, pepper, paprika powder and cumin. Also add a little lemon juice.
6. Divide the hot chickpea soup evenly between soup plates and garnish with a dollop of crème fraîche or natural yoghurt, if desired.

Soaking the chickpeas takes time. It is best to plan for one night. However, the time spent will pay off: When you have soaked the pulses, they are easier to digest. It also shortens the subsequent cooking time considerably and thus allows for a preparation that is gentle on the nutrients and saves energy.

How to soak chickpeas properly:

1. cover the chickpeas in a pot with twice the amount of water and let them soak for at least 12 hours.
2. During the soaking time, the chickpeas absorb a lot of water. If necessary, add more water.
3. After soaking, the soaking water should be poured away to remove any residues of the toxin phasin.
4. Rinse the chickpeas thoroughly with fresh water.