

## Chickpea Fries, Date and Earl Grey Tea Ketchup



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- Sub Category Name  
Food  
Appetisers
- Recipe Source Name  
Immunity Inspired by Tea Recipes
- Festivities Name  
Autumn  
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### Used Teas



Exceptional Elegant  
Earl Grey

### Ingredients

Chickpea Fries, Date and Earl Grey Tea Ketchup1



- 1 tbsp. coconut oil
- 1 white onion, brunoise
- 2 cloves garlic, microplaned
- 1 tsp. cumin seed, toasted until fragrant and ground in mortar & pestle
- 1 tsp. coriander seed, toasted until fragrant and ground in mortar and pestle with cumin
- ½ tsp. chili flakes
- 250ml coconut milk
- 6 Dilmah Earl Grey tea bags
- 1 cup cooked chickpeas, coarsely pulsed in the robot coupe or food processor
- 100g besan flour (chickpea flour)
- ½ cup coriander leaf, chopped
- ½ cup parsley, picked and chopped
- Salt and pepper to taste

## DATE KETCHUP

- 1 tbsp. coconut oil
- ½ tbsp. yellow mustard seed
- 2 golden shallots
- 3 large cloves of garlic rough chopped
- 2 Dilmah Earl Grey tea bags
- ¼ cup brown sugar
- Pinch of ground allspice
- ½ L dates soaked overnight then roughly chopped
- 1 whole chipotle pepper in adobo (chopped roughly)
- 150g peeled tomatoes
- 20ml sherry vinegar
- Salt and Pepper to taste

## Methods and Directions

### Chickpea Fries, Date and Earl Grey Tea Ketchup1

- Melt Butter in a large heavy bottomed pot, add onion and garlic and sweat (without colour) until translucent.
- Add chili flake toasted and ground spices and cook for further 2 minutes to infuse.
- Add milk and bring to a simmer (being sure not to scorch the milk)
- With a stiff whisk, whisk in the besan flour and continue to whisk until thickened and flour is cooked out (appx. 3 minutes, being sure not to burn the mixture on the bottom of the pot) fold in coarsely chopped chickpeas and cook for a further 1 minute.
- Remove from heat and fold in chopped herbs and salt and pepper to taste.
- Set mixture in a greased ½ hotel pan, lined on the bottom with non-stick paper and place in a shallow ice bath to chill quickly to lengthen shelf life.
- Once set and fully chilled, cut into 1" X 3 inch bricks as needed for service.



- Chickpea fries should last 5 days if chilled quickly and properly.

## **DATE KETCHUP**

- Sweat shallot and garlic in a heavy bottomed pan and add the ingredients and cook down until thick.
- Season to taste and puree in a vita prep blender.
- Pass through a fine mesh strainer and chill quickly over ice.

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