

# CHICK PEA AND CAULIFLOWER FRICASSÉE

*This creamy, herb-flavoured dish is a true fricassée—first sautéed, then simmered with liquid, and finished with milk or cream. Serve with crusty bread for taking up the sauce or with a light grain accompaniment such as cous-cous, burghul (bulgur) or rice.*

## INGREDIENTS

- 1 cup (6 oz) dried chick peas
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- 300 g (10 oz) cauliflower
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- 250 g (8 oz) tender green beans  
or broccoli
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- 1 stalk celery
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- 1 large onion
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- 2 tablespoons olive oil
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- 2 teaspoons finely chopped garlic
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- ½ teaspoon dried oregano
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- ½ teaspoon dried thyme
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- ½ teaspoon paprika
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- 1 teaspoon salt, or to taste
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- ¼ teaspoon white pepper
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- ¾ cup (6 fl oz) evaporated milk  
or mixture of milk and cream
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- 2 teaspoons cornflour (cornstarch)

Wash and soak the chick peas overnight or use quick soaking method, bringing to the boil, leaving for 2 hours, then cooking in fresh water until tender, either in a saucepan or pressure cooker. Drain the peas and save the cooking liquid.

Cut cauliflower into florets, keeping a bit of the stem on each. Do the same with the broccoli if used, or top and tail beans and string them if they are not the stringless variety. Cut the celery into thick slices. Peel and slice the onion thinly.

In a large, heavy-based saucepan, heat the oil and fry the onion over medium heat, stirring frequently, until the slices take on a translucent appearance and start to turn golden. Add the garlic and stir for a minute, then add the prepared vegetables and fry, stirring, for a few minutes.

Add 1½ cups (12 fl oz) cooking liquid, herbs, paprika, salt and pepper and the cooked chick peas. Bring to the boil, cover and simmer gently for 15 minutes or until cauliflower and beans or broccoli are tender but not mushy. Add milk and when it boils stir in the cornflour mixed with a tablespoon of cold water. It will thicken almost immediately. Remove from heat and serve with crusty bread or a pilaf of fluffy grain as suggested above.

SERVES: 6