



November 2018

## 1 Ingredient 6 Ways 六種變化

Rachel Duffell

Follow this and additional works at: <https://repository.vtc.edu.hk/ive-hosts-ambrosia>



Part of the [Food and Beverage Management Commons](#)

---

### Recommended Citation

Duffell, Rachel (2018) "1 Ingredient 6 Ways 六種變化," *AMBROSIA 客道 : The Magazine of The International Culinary Institute* : , 10-11.

Available at: <https://repository.vtc.edu.hk/ive-hosts-ambrosia/vol6/iss1/10>

This Article is brought to you for free and open access by the Hotel, Service & Tourism Studies at VTC Institutional Repository. It has been accepted for inclusion in *AMBROSIA 客道 : The Magazine of The International Culinary Institute* by an authorized editor of VTC Institutional Repository. For more information, please contact [wchu@vtc.edu.hk](mailto:wchu@vtc.edu.hk).

## Chickpea choices

### 百變鷹嘴豆

With a rising demand for Middle Eastern dishes and the popularity of meat-free diets, the humble chickpea is becoming a much-favoured food. The protein-packed, fibre-filled pea – also known as gram or garbanzo and a member of the legume family – lends itself to a number of delectable culinary creations

中東美食熱潮方興未艾，加上素食風氣日盛，廉宜平凡的鷹嘴豆也因此風行起來。鷹嘴豆屬於豆莢科，含有豐富的蛋白質和膳食纖維，是許多滋味佳餚的主要食材之一。

By Rachel Duffell

#### 1 Hummus 鷹嘴豆泥

A staple of a meal in the Middle East, the basis of hummus is the chickpea. Purists soak their chickpeas, though the canned chickpea works almost as well for this spread or dip of puréed chickpeas. These are blended with tahini (sesame paste) in varying quantities according to the desired nuttiness. Depending on who you talk to, any or all of the following are also part of a well-prepared hummus: extra-virgin olive oil, lemon, salt, garlic and paprika, with optional cumin and, for that extra kick, cayenne. Scoop the smooth, layered spread up with vegetable crudité or warm, airy pita bread.

鷹嘴豆泥是中東菜的主食，可作塗醬和蘸醬，講究的人會親自浸泡新鮮的鷹嘴豆，但其實罐頭鷹嘴豆的效果也不相上下。炮製鷹嘴豆泥時會混入中東芝麻醬，分量比例視乎個人喜好而定。特級初榨橄欖油、檸檬、鹽、蒜蓉和紅椒粉也是鷹嘴豆泥的好拍檔，加入上述全部或部分材料則悉隨尊便。此外也可以加入孜然，想要辣一點的話，則可加入牛角椒粉（又稱卡宴辣椒粉）。鷹嘴豆泥口感順滑、味道層次豐富，不管作為蔬菜條的蘸醬，還是塗在溫暖鬆軟的彼得包上享用，均可口怡人。



#### 2 Falafel 鷹嘴豆餅

Falafel come in various shapes and sizes, from delicate round balls to larger flattened patties, and are usually made from chickpeas or fava beans, or a blend of both. Opinions vary on the origins of the falafel and its flavourings are as diverse as the many places where it's served, but the deep-fried snack or meze will usually feature parsley, onions, spring onions and garlic, as well as individual spice blends of cumin, coriander, cinnamon, cardamom, pepper and chilli. Falafel is best enjoyed wrapped in flatbread and accompanied by a yoghurt- or tahini-based dip.

鷹嘴豆餅有各種形狀和大小，既有小小的炸豆丸，也有面積較大的扁身炸豆餅；其成分主要為鷹嘴豆或蠶豆，或兩者兼具。鷹嘴豆餅的起源眾說紛紜，調味亦因地方而異，但基本上包含歐芹、洋蔥、青蔥和蒜蓉，以及根據個人口味加入孜然、芫荽、肉桂、豆蔻、胡椒和辣椒等香料。以扁烤餅捲著鷹嘴豆餅及乳酪或中東芝麻醬等蘸醬享用，滋味最佳。



#### 3 Roasted Chickpeas 烤鷹嘴豆

Dry chickpeas are tossed with olive oil and a selection of spices, and slow roasted until slightly brown and beautifully crunchy. These crisp, nutty treats can then be used as a nutritious and texturally interesting addition to soup or salad in place of croutons, or as a simple snack to accompany an aperitif. Hold back on the pre-baking spices for other options – once they're cooked to the desired crunchiness, consider covering your crispy chickpeas in melted chocolate and chilling for a sweeter treat. Chickpeas can also be roasted without oil – but beware of burning, which can turn them bitter.

做法是將乾鷹嘴豆與橄欖油和各種香料拌勻後慢烤至淺棕色。烤鷹嘴豆香脆可口，豆香濃郁，可加入湯或沙律裡來代替炸麵包粒以豐富其口感，或純粹當開胃酒的佐酒小吃。此外，將未加任何香料的鷹嘴豆烤至自己喜歡的爽脆程度後，可以裹上朱古力漿，然後冷藏，做成甜品小吃。烤焗鷹嘴豆時也可以不加油，但容易烤焦令味道變得苦澀。

#### 6 Gram Flour 鷹嘴豆粉

This gluten-free flour is made from ground chickpeas. Pale yellow in colour, it has a distinctive earthy flavour that lends itself well to savoury recipes as a substitute for flour, from flatbreads to leavened breads to batter for fried snacks, though it's very versatile and will also work for sweeter flour-based recipes such as banana bread and pancakes.

鷹嘴豆粉不含麩質，顏色淺黃，帶點獨特的泥土味，可替代麵粉炮製扁麵包、發酵麵包，以至作為炸物的麵糊等。鷹嘴豆粉的用途當然不限於此，用來做香蕉麵包和熱香餅等甜食也可以。

#### 4 Chana Masala 咖喱嫩鷹嘴豆

The popular sub-continental dish chana masala sees the chickpea shine. The well-loved vegetarian curry, commonly served in India and Pakistan and known around the world, is formed from a tomato and onion sauce with a dash of lemon and complementary herbs and spices such as coriander (fresh and ground), cumin, turmeric, garam masala, garlic, chilli and ginger. Soak up the tangy, warming, spice-layered sauce and the chickpeas that it envelops with rice or scoop moreish mouthfuls with flatbread.

這道印度和巴基斯坦的家常菜，不僅風行南亞次大陸，在世界各地也大受歡迎。它備受素食者喜愛，將鷹嘴豆的風味發揮得淋漓盡致。其燉汁以番茄和洋蔥汁為基底，加上少許檸檬和香草及香料，如新鮮芫荽碎、孜然、薑黃、印度綜合香料、蒜蓉、辣椒和薑。鷹嘴豆吸飽了味道濃郁、香料豐富的醬汁後，暖暖的拌上白飯或蘸扁麵包吃，齒頰留香。



#### 5 Chickpea water 鷹嘴豆汁

Chickpea water, which is also known as aquafaba, is the liquid in which your canned chickpeas are stored. Instead of discarding it, this magical ingredient can be used as a valuable substitute for egg or egg whites, as the aquafaba mimics the binding characteristic of the egg marvelously, allowing vegans to enjoy a range of delectable dishes, from vegan mayonnaise to meringues, that are otherwise often off limits.

鷹嘴豆汁其實是鷹嘴豆罐頭的液體，亦稱豆蛋白霜。千萬不要倒掉這些豆汁，因為它意外地含有一如雞蛋的黏合特性，可取代雞蛋或蛋白，是全素食者的福音。鷹嘴豆汁可以用來做素蛋黃醬以至蛋白酥等一系列美食，讓不吃蛋的全素食者也能享用這些佳餚。

