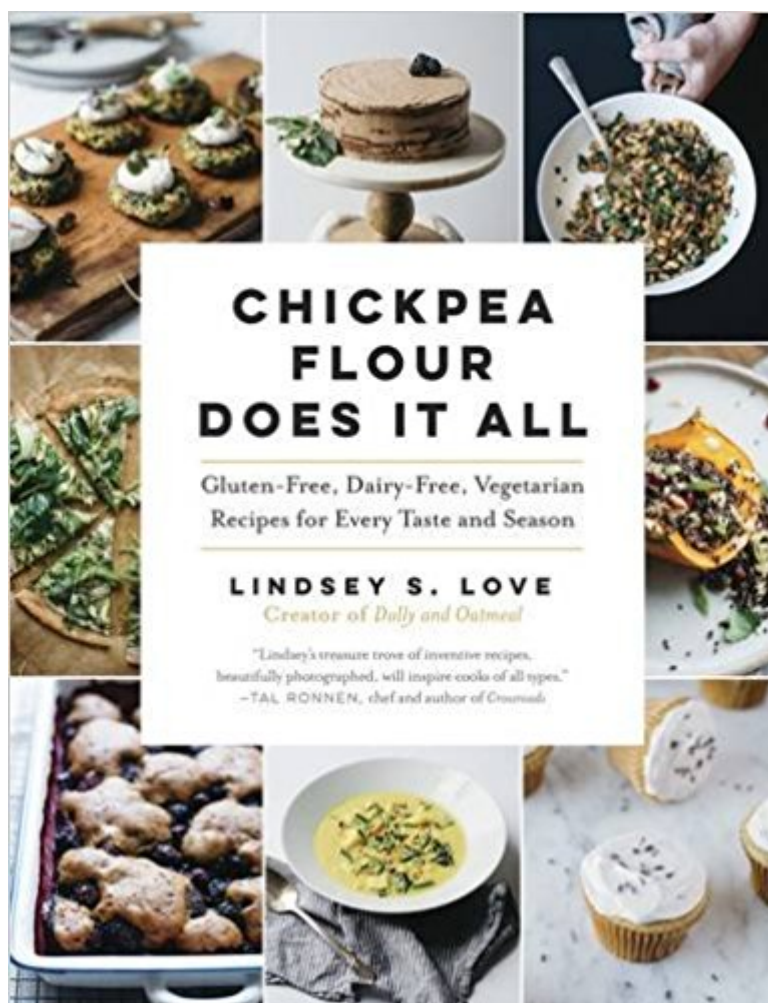


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# Chickpea Flour Does It All: Gluten-Free, Dairy-Free, Vegetarian Recipes For Every Taste And Season



## Synopsis

Meet the New Must-Have-It Pantry Staple: Chickpea Flour Why make chickpea flour your new go-to? Because everyone—gluten-free or not—will find a reason to love it. This versatile alternative to wheat flour shines in savory and sweet dishes alike. It's been used for centuries around the world, and is famous in Nice, France, where the flatbread socca is enjoyed with a chilled glass of rosé. In this gorgeously photographed cookbook, Lindsey S. Love takes inspiration from her favorite seasonal ingredients, global flavors, and much-loved family recipes to create vibrant gluten-free, dairy-free, and vegetarian dishes where chickpea flour is the star. Gluten-free diners especially will be amazed by the variety—nothing's off the table anymore, and taste is never sacrificed. Plus, many recipes are vegan—taking advantage of chickpea flour as a base for vegan sauces and a soy-free alternative to tofu. Lindsey's inventive recipes meld sophisticated and subtle flavors—and beg to be shared with friends and family at any time of the year! **Toast It, Sift It, Simmer It . . . Chickpea Flour Does It All:** Thickens and flavors hearty dishes like Sunchoke and Leek Soup Gives any dish a protein boost, even Vanilla Bean Lavender Cupcakes Adds creamy texture to dairy-free dishes, such as Loaded Sweet Potatoes with Chickpea Sour Cream And brings back family favorites—now gluten-free—like pizza (Chickpea Pizza with Asparagus and Pea Shoot Tangle) and pancakes (Sautéed Pear and Sage Pancakes with Almonds)!

## Book Information

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## Customer Reviews

“Love’s debut cookbook shines with her luminous food photography. The reader’s quandary will be to decide which of these sublime chickpea recipes to cook up first.”

•Foreword “Love’s recipe for a simple quiche with a crust that includes almond and chickpea flours (making it gluten-free) drew me in first . . . Nobody eating it would think of chickpeas unless you mentioned them.”

The explorations are just beginning.

•Joe Yonan, Washington Post “Lindsey S. Love’s new book, *Chickpea Flour Does It All*, may be just the introduction that Americans need to start using this versatile flour.”

•Oprah.com “Even readers who aren’t going gluten-free, vegan, or vegetarian will be attracted to this collection. This is a book that would be at home on any creative cook’s shelf.”

•Booklist “I highly recommend this cookbook.”

•Naturally Ella “While Lindsey has deeply explored one of my favorite ingredients (chickpea flour), this book certainly isn’t single-note. It’s much more than that. Open the cover to discover a robust, creative volume brimming with vibrant, health-supporting seasonal gems. *Chickpea Flour Does It All* is filled with recipes you will want to welcome into your kitchen (and life!) immediately.”

•Heidi Swanson, author of *Near & Far: Recipes Inspired by Home and Travel* “Chickpea flour is one of those great secret ingredients—surprisingly versatile, gluten-free, and protein-packed, which makes it perfect for vegan cooking. Lindsey’s treasure-trove of inventive recipes, beautifully photographed, will inspire cooks of all types to make it a pantry staple.”

•Tal Ronnen, chef and author of *Crossroads: Extraordinary Recipes from the Restaurant That is Reinventing Vegan Cuisine* “Lindsey S. Love has successfully created an inspiring, useful, and beautiful book using one of the most intriguing ingredients in my pantry: chickpea flour. In this book, you will discover how versatile and delicious this humble flour can be—from Lemony Panelle Sandwich and Spaghetti Squash Fritters to Chickpea Waffle Avocado Toast and Hearty Morning Glory Loaf.”

•I’m excited to try them all!

•Amy Chaplin, chef and James Beard award winning cookbook author “Lindsey’s approach to food makes you fall in love with seasonal, beautiful food that happens to be gluten-free and vegetarian. Her book will make you excited to step out and explore the many uses of chickpea flour through each season.”

•Erin Alderson, creator of *naturallyella.com* and author of *The Homemade Flour Cookbook* “You’ll feel good just flipping through this book. *Chickpea Flour Does It All* is a gorgeous collection of thoughtful recipes that will, of course, get you excited about the potential of chickpea flour. Lindsey is also masterful at making a life of seasonally considered wellness feel like it’s within

anyone's reach. • Laura Wright, creator of the Saveur award-winning blog The First Mess "Dolly and Oatmeal is one of my favorite corners of the internet: bright, friendly, healthy, and delicious. If you're interested in being a little more mindful of healthy eating, Chickpea Flour Does It All is the book for you! I absolutely cannot wait to try out the Chickpea Frites, the Alfredo with Watercress and Chives, and the Baked Squash Tempura. Lindsey's vibrant, inviting photography draws you in and her strong, knowledgeable voice guides you through the gluten-free world of chickpea flour. We all could use a little more chickpea flour deliciousness in our lives! • Stephanie Le, creator of I am a Food Blog "Yes, chickpea flour really does it all. And it's all because of the incredible Lindsey S. Love. Her recipes are inspiring, thoughtful, and most of all, delicious. The new flour power! • Jessica Murnane, creator of One Part Plant and the One Part Podcast "For years, Lindsey's blog has inspired me with its beautiful photos and fresh recipes, and she's brought the same recipe wizardry and photo magic to the pages of Chickpea Flour Does It All. I've never seen anything like the Vanilla Bean Lavender Cupcakes and the Chewy Olive Oil Chocolate Chip Cookies. I cannot wait to make them and eat them all with less guilt because of how healthy chickpea flour is. Leave it to Lindsey to get me out the door and on the hunt for chickpea flour in bulk. • Molly Yeh, creator of My Name Is Yeh

Lindsey S. Love is a food photographer and recipe developer living in Brooklyn, New York, with her husband and dog. She is the creator of the blog Dolly and Oatmeal, which has been a finalist for Saveur magazine's Food Blog Awards numerous times. Her work has been featured in Thoughtfully magazine, Food52, the Huffington Post, People.com, BuzzFeed, Epicurious, InStyle, and Saveur.

I'm very disappointed, but I only have myself to blame as I hadn't done much cooking from the author's blog before buying her book. I love cooking with chickpea flour and using seasonal ingredients so this book - arranged by months according to seasonal produce - seemed perfect. I tried several recipes and the dishes were in the "it's okay, but I won't be making it again" to "it's not edible" range. It's true that many recipes call for plenty of other types of flour, but mostly, they are unnecessarily complicated. Seriously, how many of us makes macadamia-ricotta stuffed squash blossoms?! The book lacks ideas for quick and healthy meals, and often reinvents the wheel. After browsing Love's blog I realized this is how she cooks with anything, not only besan. So, if you like

her blog, go for it and buy the book. For the rest of us, there are beautiful pictures next to the all too complicated and pretentious recipes.

\*Edited 4/9/2016 since now includes a 'Look Inside' preview & I've tried more of the recipes\*I really like the Dolly & Oatmeal blog, so I was pretty excited to see the author was publishing a cookbook. It's focused on chickpea flour, so there's no direct overlap between recipes on her blog and recipes in this cookbook (although I think you can find the socca & flatbread both places), however the spirit is the same - gluten-free, dairy-free, vegetarian/vegan recipes that are affordable, accessible, and typically require minimal kitchen equipment. I ordered this cookbook somewhat on a whim - I've never cooked with chickpea flour, so I wasn't sure what to expect - but I am really impressed. Although it could easily have been too narrowly focused, this cookbook features a huge range of recipes/flavors that should appeal to a broad audience. The photography & styling are clean & tastefully done, with a facing-page photo accompanying each recipe. Most recipes are contained on a single page. Some recipes require more prep time than others, and there's a pretty broad range in hands-on prep time, but in all cases the directions are well-laid out and easy to follow, with cup & metric amounts for most ingredients. The cookbook starts out with a nice intro explaining the premise and then describing the pantry basics that go along with cooking from this cookbook. It's important to understand that chickpea flour isn't the only flour being used in some of these recipes. They are all gluten-free (of course), but many of the baked goods use a combination of chickpea flour together with something like brown rice flour or sorghum flour to "enhance flavor & texture". Also, some of the recipes call for psyllium husk powder and/or arrowroot powder to act as a binder or thickener, which may not be something you already have in your cupboard. Neither are particularly expensive, but there may be some new pantry ingredients you need before you can bake some of these recipes. I think Lindsey has done a fantastic job of creating innovative recipes that use chickpea flour to make appealing savory as well as sweet food. This isn't a "here's how to replace all-purpose flour with chickpea flour" cookbook, it's an "inspired ideas for healthy (gf, df, & veg) cooking with chickpea flour/chickpeas" cookbook. I stopped bookmarking recipes because so many of them are something I'm excited to try. Even though it's organized by season/month, many of the recipes are accessible year-round. So far, I've made the onion poppy seed bread, the breakfast sweet potato cakes, the carrot cake breakfast cookies, and the almond butter brownies. The onion poppy seed bread was amazing. It tastes a bit like eating an everything bagel, only it's much better for you than any everything bagel you could buy. It also is fairly simple to make, as long as you plan ahead for letting the dough rise a bit. I served it warm as an appetizer with various dips

and my guests devoured it without any idea there was chickpea flour involved (or that it was even gluten-free). The breakfast sweet potato cakes were also very good. I've been eating them as my lunch on salad all week - they are filling, flavorful, and easy. The carrot cake breakfast cookies were less of a hit, but it may have been my fault. Lindsey writes to bake them for 18-20 minutes. At 18 minutes I thought they still looked underdone, but at 20 minutes they were a bit too dry. I would try making them again and just baking them for less time. The almond butter brownies were terrific, and my lactose-intolerant friend was very, very happy with them. They are incredibly rich and gooey - you only need a small square. They also taste good chilled. However, they're quite expensive to make. With the cup of almond butter, the cup of coconut sugar, chickpea flour, egg, bittersweet chocolate, etc, the total cost of these is at least \$10 for an 8x8 pan, which seems a little extreme to me. Overall, I'm happy with how most of the recipes have turned out, but I don't think it will become an everyday rotation kind of cookbook for me. These are the recipes included in Chickpea Flour Does it All (organized by month):

Sauteed Pear & Sage Pancakes with Almonds  
Breakfast Sweet Potato Cakes & Baby Arugula Bowl  
Onion Poppy Seed Bread  
Za'atar Crackers  
Sunchoke & Leek Soup  
Ginger-Shiitake Miso Broth with Chickpea Tofu  
Caraway Spatzle with Kale & Balsamic Onions  
Chocolate Banana Loaf  
Collard Wrap with Turmeric Scramble  
Hearty Morning Glory Loaf  
Chickpea Waffle  
Avocado Toast  
Chipotle Queso Dip  
Mini Polenta Pizzas with Caramelized Fennel & Garlic Paste  
Flatbread with Harissa, Kale & Gaeta Olives  
Acorn Squash Tart with Caramelized Onions & Collard Greens  
Chocolate Olive Oil Cakes with Chocolate Glaze  
Fresh Ginger & Pomegranate Muffins  
Irish Soda Bread  
Chickpea Frites with Sriracha Ketchup  
Chickpea Banh Mi  
Spiced Black Bean Tostadas with Kiwi Salsa  
Mung Bean Pancakes with Carrots, Scallions & Ginger  
Sweet Crepes with Kumquat Marmalade  
Almond Butter Brownies  
Clumpy Granola Bowl with Stewed Rhubarb & Yogurt  
Mango Poppy Seed Cornmeal Muffins  
Skillet Spinach & Chive Quiche  
Easy-Spring Veggie Bowl with Warm Hummus Drizzle  
Chickpea Noodles with Miso-Kale Pesto  
Spring Onion & Lemongrass Stew with Cauliflower & Yams  
Grilled Harissa Cauliflower with Quinoa Toss  
Lemony Panelle Sandwich with Grilled Ramps & Balsamic Vinegar  
Asparagus Chickpea Fritters  
Lemon-Rhubarb Snacking Cake  
Alfredo with Watercress & Chives  
Chickpea Polenta with Sauteed Spring Vegetables  
Kalamata Chickpea Wrap with Pickled Leeks & Microgreens  
Herbed Sweet Pea Pockets  
Vanilla Bean Lavender Cupcakes  
Strawberry Tart with Cardamom-Coconut Cream  
Cherry Dutch Baby  
Baby Chickpea Quiches with New Potatoes & Chard  
Stuffed Squash Blossoms with Macadamia Ricotta  
Chickpea-Halloumi Salad with Crispy Quinoa  
Chickpea Pizza with Asparagus & Pea Shoot Tangle  
Grilled Zucchini Tacos with Chickpea-Chipotle Crema  
Nutty Oat Ice Cream Sandwiches  
Strawberry S'mores  
Lemon-Blueberry

Coffee Cake  
 Everyday Socca  
 Fried Heirloom Tomatoes  
 Kofta Wraps with Sumac Tahini  
 Spiced Chickpea Pancakes with Charred Corn & Radish Salsa  
 Grilled Summer Vegetables with Chickpea Flour Dukkah  
 Cookies-and-Cream Icebox Cake  
 Raspberry-Nectarine Pie with Lemon Basil  
 Savory Zucchini, Shiso, & Black Quinoa Muffins  
 Stone Fruit Breakfast Crisp with Yogurt & Bee Pollen  
 Ratatouille Tartlets  
 Sweet Corn & Cilantro Chowder  
 Eggplant Schnitzel Plate  
 Grilled Vegetable Kebabs with Green Goddess Sauce  
 Blackberry-Lime Cobbler  
 Sweet Flatbread with Grilled Berries  
 Goji Berry & Cacao Nib Granola Bars  
 Fig & Hazelnut Clafoutis  
 Baked Squash Tempura with Hemp Dip  
 Creamy Harvest Tabbouleh Salad  
 Loaded Sweet Potatoes with Chickpea Sour Cream  
 Quinoa Falafel with Romesco Sauce  
 Chewy Olive Oil Chocolate Chip Cookies with Pink Himalayan Salt  
 A Late-Summer Birthday Cake  
 French Toast with Grape Compote  
 Carrot Cake  
 Breakfast Cookies  
 Chickpea Omelet with Shiitakes & Microgreens  
 Chickpea Tzatziki Dip  
 Baked Buttermilk Onion Rings  
 Savory Crepes with Beet Pate  
 Spaghetti Squash Fritters  
 Beetballs with Rosemary White Bean Cream  
 Chai-Spice Swirl Breakfast Bread  
 Apple Crumb Bars  
 Buttermilk Chickpea Corn Bread  
 Herbed Sweet Potato Biscuits  
 Root Vegetable Crumble  
 Moroccan-Spiced Lentil & Pumpkin Burgers  
 Chili-Roasted Pumpkin with Chickpea-Miso Gravy  
 Squash Doughnuts with Almond-Butter Glaze  
 Spiced Scones with Crushed Cranberries  
 Cacao Waffles  
 Baby Kale Caesar Salad  
 Celery Root Latkes  
 Roasted Kabocha Squash with Black Rice & Chickpea-Sesame Dressing  
 Matzo Ball Soup  
 Jammy Almond Thumbprint Cookies  
 Parsnip-Pear Bundt Cake

I adore this cookbook! My toddler son cannot have most grains (or dairy or soy and other things) due to bad food allergies. I have a coconut flour cookbook as well but now that I have this, I bake almost exclusively from this book. The recipes are surprisingly wide-ranging. I've tried several of the recipes and nearly all have turned out well. It helps immensely to be able to use eggs and almond flour. We are unable to do some of the recipes due to his allergies, such as the GF ones using rice flour, but the ones we have tried have been great. I highly recommend this book for folks with dietary restrictions. From a nutritional standpoint, chickpea flour is much better than rice or other refined grain flours that are common in GF baking. The photos are also gorgeous and I especially like the fact that the recipes are not simply iterations of the same recipe with different "mix-ins" or forms (muffins v cakes v buns, for example). There is a quite broad range of savory, sweet, breakfast, dinner, and so forth.

Organized by season, this book offers a broad variety of recipes, sweet and savory. I was expecting more of an emphasis on chickpea flour, but found a heavy reliance on other gluten free flours,

including rice, arrowroot, and oat. Nevertheless, more than a few recipes sound appealing. Nice use of aromatic spices in the sweets sound especially appealing.

Great ideas and easy to follow.

This book is full of innovative recipes!

I didn't know this flour was so versatile. Even noodles!

Book in good condition and excellent recipes, have tried several!! Thanks.

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