

Chickpea Flour Does It All: Gluten-Free, Dairy-Free, Vegetarian Recipes for Every Taste and Season

Lindsey S. Love

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A decade ago, most cooks would only have one bag of flour in their pantry. It would be white wheat flour and it would feature heavily in all baking and much of one's other cooking. Nowadays, with a greater focus on food allergies, healthier carbohydrates, and whole foods, kitchen cooks are as likely to reach for flours made from other grains, seeds, and nuts. Popular blogger Lindsey S. Love (of Dolly and Oatmeal fame) makes a convincing case for stocking chickpea flour as a cupboard staple. It is a versatile, more nutritious, and fiber-rich flour that she showcases in this creative cookbook full of international flavors.

Her go-to ingredient is a mainstay of Indian cuisine—where it is more commonly referred to as besan or gram flour—and while there are Indian-inspired recipes in the mix, Love just as easily tempts with dishes grounded in the foodways of Egypt, Vietnam, Sicily, Japan, and the American South. While one might associate the chickpea with savory foods, its flour adds richness and adapts readily to sweet treats like Cherry Dutch Baby, Fig and Hazelnut Clafouti, and Chocolate Olive Oil Cakes.

Thoughtfully organized for seasonal cooking and eating, this volume bursts with chic and unusual twists on familiar dishes, like Chickpea Noodles paired with Miso-Kale Pesto, or that nostalgic campfire favorite, s'mores, made for adult palates with homemade graham crackers, high quality chocolate, and fresh strawberries.

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.

RACHEL JAGARESKI (Summer 2016)

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