



## SHOPPING LIST

### PRODUCE

- ☐ Mixed Wild Mushrooms, 1 Lb
- ☐ Yellow Onion, 1 each
- ☐ Shallot, 2 each
- ☐ Jalapeno or Serrano Pepper, 1 each
- ☐ Garlic, 1 head

### DRY GOODS

- ☐ Garbanzo Bean Flour, 1 bag
- ☐ Brown Rice Flour, 1 bag
- ☐ Ginger, ground
- ☐ Cumin
- ☐ Olive Oil
- ☐ White Wine
- ☐ Almond Milk
- ☐ Salt
- ☐ Pepper

## EQUIPMENT LIST

- ☐ Blender
- ☐ Cutting Board & Knife
- ☐ Nonstick Pan
- ☐ Medium Skillet
- ☐ Tasting spoons

# GARBANZO BEAN CREPES

## With Wild Mushroom Ragout & Beet Humus

**YIELD 4** SERVINGS

### CREPE INGREDIENTS:

1 ¼ cups	Garbanzo Bean Flour
1 ½ cups	Water
½ cup	Brown Rice Flour
1 tsp.	Salt
1 Tbsp.	Cumin
1 tsp.	Ground Ginger
¼ cup	Yellow Onion, Chopped
½ each	Jalapeno or Serrano Pepper, Chopped (ribs & seeds removed)
1 each	Garlic Clove, Small

### RAGOUT INGREDIENTS:

1 Lbs.	Mixed Wild Mushrooms, Cleaned, stems removed (Shiitake, Cremini, Button, Oyster)
2 Tbsp.	Olive Oil
1 each	Shallot, Medium, Sliced
1 each	Garlic Clove, Minced
½ cup	White Wine (or Mediera Wine)
½ cup	Almond Milk, Unsweetened (can use any milk substitute)
½ tsp.	Salt
½ tsp.	Pepper

## METHOD

### Crepes

In a blender, combine the garbanzo bean flour, salt, garlic, ginger, cumin, onion, chili pepper and water. Blend on high until smooth. Don't over blend the batter as it will become tough. If needed add more water a little at a time to achieve a pourable consistency. Allow to sit while you heat the skillet.

Lightly grease a large non-stick skillet and warm over medium-high heat. Pour in 1/4th of the batter, spreading it around the pan for an even thin layer of batter and cook until the edges start to bubble, about 3 minutes. Carefully flip and cook the opposite side until firm. Continue these steps until you have 4 crepes.

**NOTE: Crepes can be stored up to 3 days in the refrigerator on a well wrapped plate.**

### Ragout

Clean the mushrooms with a dry towel, remove any hard woody stems and quarter larger mushrooms.

Heat a medium skillet over medium high heat and add olive oil. Add the mushrooms to the pan in a single layer. Increase heat to high and cook until mushrooms have released their juices and they have browned slightly, about 5 minutes. Add the shallot and garlic, cook until shallot is softened, about 3 minutes. Add the salt and pepper, and stir. Add the wine, stirring to scrape up all the browned bits from the bottom of the pan and cook until the wine is reduced by half. Add the almond milk and bring to a boil. Cook for about 1 minute. Remove from heat.

**NOTE: Dried mushrooms can be used by reconstituting in hot water for 30 minutes, drain and pat dry. Ideally this should be done the day before so the mushrooms have time to dry out a bit before cooking.**



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## With Wild Mushroom Ragout & Beet Humus

**YIELD 4** SERVINGS

### PISTOU DRESSING INGREDIENTS:

3-4 Sprigs	Fresh Thyme
½ cup	Basil Leaves
¼ cup	Mint Leaves
¼ cup	Olive Oil
1 tsp.	Salt
1 tsp.	Pepper
1 each	Garlic Clove, Small

### HUMMUS INGREDIENTS:

1 or 2 each	Red Beets, Small
2 each	Garlic Cloves
1 1/2 cups	Chickpeas, Cooked, Drained and Rinsed (keep brine for later in recipe)
2 Tbsp.	Tahini
2 Tbsp.	Olive Oil, Extra Virgin
2 Tbsp.	Lemon Juice, Fresh
2 or 3 Tbsp.	Chickpea Brine (aka Aquafaba)
½ tsp.	Cumin (optional)
½ tsp.	Coriander (optional)
To Taste	Sea Salt and Fresh Ground Black Pepper

### METHOD

#### Pistou

Place the basil, mint, thyme leaves, olive oil, garlic salt and pepper in a blender. Pulse until you reach a well blended but slightly chunky consistency.

**NOTE: Can be stored in an airtight container, refrigerated 5-7 days. Stir before use to incorporate any oil that may have separated.**

**TO FILL THE CREPES: Spoon in 1/2-3/4 cup of the mushroom ragout filling, top with a few mint leaves, fold crepe over, top with Basil Mint Pistou and serve.**

#### Hummus (Alternate Crepe Filling)

Preheat the oven to 400°F. Drizzle the beets with olive oil and wrap the beets and garlic together in foil. Place on a baking sheet and roast 30 to 40 minutes, or until the beet is fork-tender.

When cool enough to handle, peel the beet skins under running water using your hands.

Chop the beets and place them in a blender. Add the roasted garlic, chickpeas, tahini, olive oil, lemon juice, and chickpea brine and blend until smooth. Add cumin and coriander if you like.

Chill until ready to use or serve.

Use this hummus as an alternate filling in the crepes or simply enjoy as a dip with crispy veggies or a fresh baguette.

### SHOPPING LIST

#### PRODUCE

- ☐ Produce
- ☐ Fresh Thyme, 1 bunch
- ☐ Fresh Basil, 1 bunch
- ☐ Fresh Mint, 1 bunch
- ☐ Garlic, 1 head

#### DRY GOODS

- ☐ Chickpeas, 1-1/2 cups dry or 1 can
- ☐ Lemon Juice
- ☐ Tahini
- ☐ Olive Oil
- ☐ Cumin
- ☐ Coriander
- ☐ Salt
- ☐ Pepper

### EQUIPMENT LIST

- ☐ Blender
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- ☐ Medium Skillet
- ☐ Tasting spoons