

Garbanzo Bean Flour and Spices

INGREDIENTS

1. 1 cup chickpea flour
2. 1/2 teaspoon ground turmeric
3. 1/2 teaspoon grated fresh gingerroot or ground ginger
4. 1/4 teaspoon paprika
5. 1/4 teaspoon hot red chili powder
6. 1/4 teaspoon ground aniseed
7. 1 cup water
8. 1 teaspoon corn oil
9. 2 tablespoons chickpea flour mix
10. 1/2 teaspoon salt

Method:

1. Mix together the chickpea flour, turmeric, ginger, paprika, hot chili, and aniseed. Mix well and set aside.
2. To prepare the sauce, bring the water and oil to boil in a skillet and add 2 tablespoons of the mix and the salt. Simmer over low heat for 3 to 4 minutes. The sauce will thicken quickly to a thick puree.
3. Serve warm with *ingera*. Or serve the sauce with any stew as a side dish.