

Gluten Free Thursday: Chickpea Bread With Edamame Hummus Spread

Ingredients:

Difficulty: Easy

(bread: 1 loaf with 23x13x7cm pan, hummus: serves 4)

(1 cup = 2.4 dl)

For chickpea bread (adapted from Scoff Food Youtube channel):

7 dl / 350 gr. GF flour blend

5 dl / 250 gr. chickpea flour

1 tbsp ground flaxseed

2 tsp baking powder

1 tsp baking soda

scant 1 tsp salt

4.5 dl water in room temperature

1 tsp apple cider vinegar

(optional: a couple of tbsp dried herbs or chopped fresh rosemaries or sage)

For edamame hummus:

225 gr. frozen and shelled edamame

4 tbsp tahini

3 tbsp lemon juice (add more if you want, according to your taste)

1 garlic clove, crushed

1 tsp salt

1/2 tsp ground cumin

1/4 tsp ground coriander

4 tbsp water in room temperature

3 tbsp olive oil, plus more to drizzle while serving

(optional: fresh parsley leaves, to serve)

Instructions:

1. First, let's make the bread. Preheat the oven to 200C. Lightly grease (I used a little bit of olive oil) the loaf pan and put a baking sheet in it.
2. In a medium to large bowl, put all the dry ingredients for bread and whisk to combine.
3. Add water and vinegar and whisk to make a soft dough. You can use your hand if it gets hard to handle with a whisk. You should have a very soft but smooth dough.
4. Put the dough in the prepared loaf pan, smooth the surface. Bake in the middle rack of your oven for 40 minutes, until a toothpick inserted in the middle comes out clean.
5. When the bread is baked and out of the oven, let it cool for 15-20 minutes in the pan. Then take it out and continue cooling for at least 45 minutes more.

6. Next, let's make hummus. In a medium saucepan put some water. Add a generous pinch of salt and let it come to a boil. When it starts boiling, add edamame beans, boil them in the water for 5 minutes, drain and wash with cold water to cool them down.

7. Put all the ingredients for hummus, except for olive oil, in a food processor and process until quite smooth. While the processor is still working, pour olive oil and make it a smooth paste. Serve with a drizzle of olive oil and some fresh parsley leaves if you like. When you spread it on the bread, you can put some roasted and black sesame seeds on top, they add nice flavour. Enjoy!