

TAKING THE PULSE: CHICK PEAS

Chickpeas is very popular in Lebanese cuisine because it's very good for the health, it's easy to make, and it goes with everything.

My name is Shadia Daou. I was born in Lebanon.

Hummus, it's very easy to make at home.

It's very healthy, it's gluten-free, cholesterol-free, it has a lot of minerals, a lot of calcium.

The only thing you need, that's fresh fresh garlic, fresh lemon, and some sesame oil, which they call tahini.

My mom, she was a very good cook, and she teach us a lot of things to do in the kitchen.

She did teach us fresh food, it has to be fresh all the time. This is the most important thing there was.

You take the dried chickpeas, you soak it the night before. You have to boil it. When you use the grinder, you pour the chickpeas when it's boiled.

Its very good for the vegetarian to have because it has protein, lot of vitamins, lot of minerals.

The chickpeas, it can keep very well in the winter.

It keeps all the nutrients, all the vitamins.

We can also put a little bit of chickpeas on the top of the hummus, and parsley, and olive oil.

We have two restaurants, we use a lot of chickpeas and everybody loves the hummus we make.

The Arabic word of enjoy it's "astamtæ". And if you're serving food you say "astamtæ".

Shadia's Friend: Very tasty.

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