

chick pea and lentil recipes

Grown under the big sky of the Wimmera Mallee



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P/L



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The Region With Pulse

exciting affordable lifestyle

Situated at Rupanyup in North West Victoria, The Wimmera Grain Co and The Wimmera Grain Store support one of Australia's most diverse grain growing regions.

The Wimmera Grain Company specialises in the export container trade and is one of the largest accumulators of pulses in the region.

By working closely with farmers in the region, The Wimmera Grain Company can supply the ever expanding markets in the Indian Sub-Continent, Middle East and North & South Asia.

The Wimmera Grain Store services the Australian domestic food services industry.

In Australia, pulses are increasingly becoming an important part of our diets. Pulses are widely recognised for their amazing flavours as well as being a healthy, nutritious food and can be found in almost all sectors of the Australian food business, from supermarkets to high end restaurants.

Pulses, namely chickpeas, lentils, peas and beans are high in protein, low in fat and high in fibre. Eating pulses gives you sustained energy, however you cook them, making them a supercharged superfood!

Wimmera/Mallee growers consider their chickpeas and lentils to be the "Gems of Victoria's Wild West ". So if you have not tried them, please do so. We hope you enjoy the experience.

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wimmera mallee farmers - love the food we grow

mallee smashed chickpeas

INGREDIENTS

2 cups cooked chickpeas
1 lemon, juiced
2 cloves of garlic
2 tbs mayonnaise
Drizzle of olive oil
Salt & pepper to taste

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METHOD

Add all ingredients into a large bowl and use a Bamix to smash all the ingredients together.

Serve on crusty bread, in sandwiches, on vegetable sticks or topped on your favourite burgers.



cooking tips and hints

Chickpeas

Chickpeas benefit from soaking prior to cooking. A 200g cup of dry chickpeas increases in volume to 300g when soaked. Soak overnight in a ratio of 1 chickpeas to 3 water. Drain, rinse and add fresh water. Boil for 10 minutes; simmer for 1 – 1.5hrs.

Lentils

Lentils do not require soaking before cooking and will cook in approximately 15 to 20 minutes or less if you require al dente. We recommend you do not use salt in the water as this will toughen the skins. Thoroughly rinse the lentils prior to cooking and then refresh for later use or just drain.

red lentil dip

Preparation time: 30 min

Cooking time: 5 minutes

INGREDIENTS

200g (1 cup) of dried red lentils

2 cups chicken stock

1 onion

1 clove garlic

1 teaspoon curry powder

½ cup yoghurt

Salt and whole black peppercorns to taste

Chopped coriander

Note: Wash lentils well, then soak prior to cooking.

METHOD

Simmer together red lentils, chicken stock, onion, garlic and curry powder until lentils are soft. Puree.

Add salt and peppercorns to taste.

Stir through yoghurt and garnish with chopped coriander.





microwave chilli lentil soup

Serves 4

Cooking time: less than 60 minutes

INGREDIENTS

200g (1 cup) of dried red lentils
30g butter
1 medium onion, chopped
1 teaspoon grated fresh ginger
1 clove garlic, crushed
1 small fresh red chilli, chopped
½ teaspoon ground cardamom
½ teaspoon turmeric
2 ½ cups chicken stock, heated
½ cup coconut cream
1 teaspoon chopped fresh coriander

Soup can be prepared up to 3 days ahead or frozen for up to 2 months

METHOD

Soak lentils in hot water for 10 minutes, drain.

Combine butter, onion, ginger, garlic, chilli and spices in a large bowl, cover, cook in microwave on HIGH for 3 minutes.

Add lentils and stock, cover, cook on HIGH for about 10 minutes or until lentils are tender, stir several times during cooking.

Blend or process mixture in several batches until smooth. Add coconut cream and coriander, process until combined. Reheat before serving.

chicken on warm lentil salad

Serves 4

Cooking time: less than 30 minutes

INGREDIENTS

4 single (680g) chicken breast fillets
2 teaspoons olive oil
1 small (80g) brown onion, chopped finely
2 (140g) bacon rashers, chopped finely
2 cloves garlic, crushed
¼ cup (60ml) dry white wine
¼ cup (60ml) chicken stock
400g (2 cups) of dried lentils,
250g cherry tomatoes, quartered
½ cup fresh flat-leaf parsley leaves
salt and freshly ground black pepper

METHOD

Split chicken breasts in half horizontally. Cook chicken on a heated, oiled grill or barbecue until browned on both sides and just cooked through. Transfer to a plate, cover to keep warm.

Meanwhile, heat oil in a medium saucepan; add the onion, bacon and garlic. Cook stirring, until the bacon is browned and the onion is soft.

Add wine, cook until the wine is almost evaporated.

Add the stock and the lentils, cook until the lentils are soft and the stock is reduced by half.

Remove from heat, add the tomatoes and parsley and salt and pepper to taste; stir gently to combine.

Serve chicken with lentil salad.





curried lamb and lentil salad

INGREDIENTS

2 tablespoons mild curry paste
¼ cup olive oil
600g lamb sirloin
salt
1 onion, chopped,
1 carrot, chopped
1 stalk celery, chopped
1 clove garlic, crushed
1/3 cup chicken stock
200g (1 cup) of green lentils
100g baby spinach leaves
½ cup loosely packed coriander leaves

METHOD

Rinse lentils and boil with 2 cups of water for about 20 minutes, until soft.

Combine one tablespoon of the curry paste and one tablespoon of the oil in a small bowl. Rub lamb with curry mixture then sprinkle with salt.

Cook lamb on a heated, oiled grill or pan fry until browned on both sides and cooked as desired. Transfer to a plate, cover and stand for 5 minutes.

Meanwhile, heat remaining oil in a pan; add onion, carrot and celery, cook, stirring until the vegetables are softened. Add garlic and remaining curry paste, cook, stirring, until fragrant.

Add stock and lentils, stir until hot. Remove from the heat, add spinach and coriander, toss until combined. Season to taste with salt. Serve lamb sliced with lentil salad.

moroccan tomato and chickpea salad

Serves 4

INGREDIENTS

500g (2¾ cups) of dried chickpeas
2 ½ tablespoons olive oil
2 tablespoons lemon juice
1 teaspoon Moroccan seasoning
1 teaspoon caster sugar
3 large tomatoes, diced
½ small red onion, halved, thinly sliced
50g baby rocket

Note: Try adding 50g drained, marinated feta cheese, crumbled for extra flavour.

METHOD

Soak chickpeas overnight. Drain, rinse and add fresh water. Boil for 10 minutes. Simmer for 1 - 1½ hours, until tender.

Preheat oven to 200°C. Combine chickpeas and 2 teaspoons oil in a shallow baking tray. Season with salt and pepper. Bake for 15 to 20 minutes or until golden. Set aside to cool.

Place lemon juice, seasoning, sugar and remaining oil in a screw-top jar. Season with salt and pepper. Secure lid. Shake to combine.

Place chickpeas in a large bowl. Add tomatoes, onion and rocket. Drizzle with dressing just before serving. Toss to combine. Serve.





chermoula chicken with chickpea salad

Serves 4

*Cooking time: more than 1 hour
(chickpeas need to be washed, then
soaked overnight)*

INGREDIENTS

200g (1 cup) of dried chickpeas
4 chicken breasts
1 medium red capsicum, chopped finely
1 medium green capsicum, chopped
finely
2 large egg tomatoes, chopped finely
1 small white onion, chopped finely
2 tablespoons lemon juice

CHERMOULA

½ cup fresh coriander, chopped finely
3 cloves garlic, crushed
2 tablespoons white wine vinegar
2 tablespoons lemon juice
1 teaspoon sweet paprika
½ teaspoon ground cumin
2 tablespoons olive oil

METHOD

Soak chickpeas overnight. Drain, rinse
and add fresh water. Boil for 10 minutes.
Simmer for 1 - 1½ hours, until tender.

Meanwhile, combine ingredients for
chermoula in a large bowl; reserve half of
the chermoula; for chickpea salad. Place
chicken in bowl with remaining half of
the chermoula; turn chicken to coat in
chermoula.

Cook chicken in batches on heated oiled
grill or barbecue until cooked through.
Cover to keep warm.

Place chickpeas in large bowl with
capsicums, tomato, onion and remaining
chermoula; toss gently to combine.

Serve chickpea salad with sliced chicken,
drizzled with lemon juice.

pancetta, pea, lentil and mint salad

Serves 4

INGREDIENTS

225g (1¼ cups) French Green lentils
2 small onions, finely chopped
300g pancetta or bacon pieces
150g baby green beans, trimmed
200g sugar snap peas, trimmed
350g peas, podded
100g olive oil
¼ cup coarsely chopped mint

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METHOD

Place lentils and onions in a large saucepan, cover with plenty of water and bring to boil, then simmer over medium heat for 30-35 minutes or until lentils are tender. Drain, then transfer to large bowl.

Meanwhile, add pancetta to a hot non-stick frying pan and cook, stirring occasionally, over medium heat for 5-8 minutes or until browned.

Cook baby green beans in a saucepan of boiling salted water for 2 minutes, then add sugar snaps and peas and cook for another 2-3 minutes or until peas and beans are tender, then drain.

Add beans, peas and pancetta to lentils with remaining ingredients, season to taste and toss well to combine.



love the lifestyle

pumpkin and chickpea salad

Serves 6

INGREDIENTS

1.2kg butternut pumpkin, peeled, deseeded, cut into 2cm pieces
1/3 cup olive oil
1 teaspoon ground coriander
1 teaspoon ground cumin
275g (1½ cups) of dried chickpeas
6 dessert figs, finely chopped
1 small red onion, halved, thinly sliced
1/2 cup coriander leaves, roughly chopped
1 large lemon, rind grated, juiced

This pumpkin and chickpea salad recipe is vegan friendly.

METHOD

Soak chickpeas overnight. Drain, rinse and add fresh water. Boil for 10 minutes. Simmer for 1 - 1½ hours, until tender.

Preheat oven to 200°C. Lightly grease a large roasting pan. Combine pumpkin, 2 tablespoons oil, ground coriander and cumin in a large bowl. Season with salt and pepper. Transfer to prepared pan. Roast for 20 minutes or until pumpkin is tender. Allow to cool.

Combine pumpkin, chickpeas, figs, onion and chopped coriander in a large bowl.

Combine remaining 2 tablespoons oil, lemon rind, 2 tablespoons lemon juice and salt and pepper in a jug. Pour over pumpkin. Toss until well combined. Serve.



vegetable and chick pea patties

Makes 6 large patties

INGREDIENTS

36g (3 tablespoons) sesame seeds
1 tablespoon (20ml) oil
1 medium onion, peeled and finely chopped
1 large garlic clove, peeled and crushed
1 medium (about 140g) zucchini, grated
275g (1½ cups) of dried chickpeas
2 slices bread
46g (2 tablespoons) crunchy peanut butter
1 large egg yolk (we use eggs with a minimum weight of 59g)
1½ teaspoons curry powder, or to taste
3 cups (about 465g) diced, cooked vegetables (we use boiled potato, pumpkin and sweet potato chopped into 1.5cm dice)
1-2 tablespoons finely chopped herbs
Extra oil, for pan-frying patties

These patties have a nutty, curried chickpea flavour and chunky texture. They make great use of leftover vegetables. We use our patties to make veggie burgers (toasted Turkish bread, chickpea patty, hummus and salad).

METHOD

Soak chickpeas overnight. Drain, rinse and add fresh water. Boil for 10 minutes. Simmer for 1 - 1½ hours, until tender.

Preheat oven to 190 degrees Celsius (170 degrees Celsius fan-forced).

Place sesame seeds on a baking tray and bake for about 5-10 minutes, or until just starting to colour. Set aside to cool.

Heat 1 tablespoon of oil in a pan or saucepan over medium heat. Gently fry onion, stirring occasionally until softened but not browned (about 6 minutes).

Reduce heat to medium-low, add garlic and zucchini. Cook, stirring occasionally, for about 5-7 minutes, until the zucchini is no longer releasing moisture.

Drain onion and zucchini mixture on paper towels, pressing down lightly to remove any excess liquid that could make the patties watery.

Place chickpeas, bread, peanut butter, egg yolk and curry powder in a food processor and process on low speed, until mixture forms a dry paste.

Stir chickpea mixture, onion and zucchini mixture, herbs and sesame seeds together in a large bowl until combined. Add diced vegetables and mix gently, trying not to break up the vegetables.

Form mixture into six large patties and refrigerate for at least 20-30 minutes to firm up.

When ready to cook patties, heat extra oil in large frying pan over medium heat. Cook patties for about 4-5 mins on each side, or until golden brown. Serve hot.

soak up the quiet life

warm red nugget lentil salad

Preparation Time: 15 minutes

Cooking Time: 1 hour

Serves: 4

INGREDIENTS

225g (1¼ cups) of dried red lentils

1 bay leaf

100ml olive oil

1 lemon, zested & juiced

2 tomatoes, diced small

½ spanish onion, diced small

Handful Italian parsley leaves

1 sprig rosemary and thyme, stripped and
chopped finely

Lentil sprouts (optional)

½ tsp salt flakes

Cracked black pepper

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This salad, by celebrity chef Simon Bryant, is brilliant with shredded lamb. Use leftover roast meat.

METHOD

Place lentils in a small pot over a low flame with about 4 cups of water and a bay leaf. Simmer for about an hour until tender, drain and season.

Dress lentils with olive oil and lemon juice, add zest, tomato, spanish onion and place on a platter.

Sprinkle with parsley, thyme and rosemary, lentil sprouts, black pepper & salt. Serve with lamb.



to make baby's lentil and sweet potato nuggets you will need:

INGREDIENTS

100g (½ cup) of dried lentils, (you can use red if you want them very 'mushy' – try green lentils for a little more texture!)
50g (¼ cup) cooked sweet potato, mashed
2 egg yolks
1 tsp unsalted butter (softened)
1 garlic clove, crushed
2 tbsp fresh parsley, chopped finely
pinch freshly ground black pepper
flour
whole wheat breadcrumbs
olive oil

Note: If you want to freeze these, do so BEFORE cooking them. We actually prefer to freeze them before breading them too!

METHOD

Rinse lentils and boil with 2 cups of water for about 20 minutes, until soft.

Combine the lentils and sweet potato in a bowl and mash together thoroughly (or mash the lentils lightly, then stir into well mashed sweet potato if you'd like more texture).

Stir in one egg yolk, butter, garlic, parsley and black pepper.

Form into around 8 nugget shapes and chill for 20 minutes.

Beat the second egg yolk. Dip each nugget into flour, then into the egg yolk and finally into the breadcrumbs, making sure they are well coated.

Fry in olive oil until golden brown on all sides, then cool and serve.

Mmm – healthy nuggets that taste delicious! They have a wonderfully soft texture inside and are ideal from 8 to 10 months+.



lentil burgers

Serves 4

INGREDIENTS

½ cup (130g) low-fat plain yoghurt
¼ cup (60ml) lemon juice
2 tbs tahini
1 cup cold mashed potato
200g (1 cup) of dried Green lentils
1 tbs mild Indian curry paste
4 spring onions thinly sliced
1 egg
½ cup dry breadcrumbs
1 tbs vegetable oil
4 wholemeal buns
4 slices tomato
Snow pea shoots, to garnish

Serve curried lentil burgers on wholemeal rolls with tomatoes, snow pea shoots and yoghurt for dinner and everyone will be asking for more!

METHOD

Rinse lentils and boil with 2 cups of water for about 20 minutes, until soft

To make the dressing, place the yoghurt, lemon juice and tahini in a small bowl and stir to combine. Season with salt and freshly ground pepper, then set aside.

Place the mashed potato, lentils, curry paste, spring onion, egg and breadcrumbs in a large bowl. Season with salt and pepper. Use your hands to bring the mixture together.

Divide the mixture into 4 patties, using additional breadcrumbs to help shape the patties.

Heat the oil in a large fry pan over medium heat. Cook the patties for 2-3 minutes each side or until golden and warmed through.

Serve on wholemeal buns with tomato slices, snow peas and yoghurt dressing.

amazing views

slow cooked lamb curry

Serves 4

INGREDIENTS

¼ cup canola oil
15 fresh curry leaves, plus extra, to serve
4 cardamom pods
4 cloves
1 stick of cinnamon
1 tsp fenugreek seeds
2 onions, finely chopped
1 kg lean lamb cut into 2.5cm pieces
1 tsp ground turmeric
1 tsp ground red chilli
1 tsp ground fennel seeds
1 tsp ground cumin
1 tbsp ground coriander
2 tbsp curry powder
1 tsp garam masala
½ cup coconut milk
2 vine-ripened tomatoes, seeded and finely chopped
½ cup (firmly packed) coriander, coarsely chopped
Steamed basmati rice, yoghurt and chutney to serve
100g (½ cup) dried chickpeas (optional)

Please Note: Chickpeas need to be prepared in accordance to instructions on page 3

PASTE

1 large onion, coarsely chopped
3 fresh small red chillies, coarsely chopped
2.5cm piece ginger, peeled and coarsely chopped
4 cloves of garlic, coarsely chopped
¼ cup white vinegar

METHOD

For paste, process all ingredients and ¼ cup water in food processor until a paste forms.

Heat oil in a heavy based casserole dish, add curry leaves, cardamom, cloves, cinnamon and fenugreek seeds and stir continuously over medium heat for 2 minutes or until fragrant.

Add onions and stir continuously for 5 minutes or until onions are golden.

Add lamb, 1 tbsp sea salt, turmeric, ground red chilli, fennel and cumin, stir until well combined, then cook, covered over low heat, stirring occasionally, for 50 minutes or until lamb is almost tender.

Stir paste into lamb, cover and cook over low heat, stirring occasionally for 20 minutes, then add ground coriander, curry powder and garam masala and stir occasionally over low heat for another 10 minutes or until spices are fragrant.

Add coconut milk, chickpeas (optional) and cook for another 10-15 minutes or until lamb is tender.

Stir in tomatoes and coriander, and adjust seasoning with sea salt and freshly ground black pepper.

Serve lamb curry scattered with extra curry leaves, basmati rice, yoghurt and chutney.



imagine the serenity

pumpkin and red lentil curry

Serves 4

INGREDIENTS

2 tablespoons vegetable oil
1 brown onion, halved, thinly sliced
½ butternut pumpkin, peeled, cut into 1cm pieces (see note)
2 tablespoons Thai red curry paste
400ml can coconut cream
200g (1 cup) of dried red lentils
1 tablespoon fish sauce
200g green beans, trimmed, cut into 2cm lengths
2 x 125g packets baby corn
6 cups steamed rice, 1 cup coriander sprigs and 12 pappadums, to serve

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Note: You should have 3 cups pumpkin after it has been peeled and chopped.

METHOD

Heat oil in a large, heavy-based saucepan over medium-high heat. Add onion and pumpkin. Cook, stirring occasionally, for 4 minutes or until light golden. Stir in curry paste. Cook for 1 minute.

Add coconut cream, 2 cups cold water and lentils. Bring to the boil. Reduce heat to medium. Simmer, uncovered, stirring occasionally, for 15 minutes.

Add fish sauce, green beans and baby corn. Simmer for a further 3 minutes or until vegetables are just tender.

Spoon curry over rice. Top with coriander and serve with pappadums.

chick pea and sweet potato curry

Serves 4

*Cooking time: more than one hour,
chickpeas to be soaked overnight*

INGREDIENTS

250g (1¼ cups) of dried chickpeas.
¼ cup peanut oil
1 onion, halved & sliced
4 large cloves garlic, chopped
1½ tablespoon curry powder
1 teaspoon ground cumin
1 large green chilli, sliced
1 tablespoon tomato puree
500g sweet potato, peeled, cut into bite size pieces
1 bunch coriander, leaves chopped, extra for garnish
rice and cooked pappadams to serve

METHOD

Soak chickpeas overnight. Drain, rinse and add fresh water. Boil for 10 minutes. Simmer for 1 - 1½ hours, until tender.

Combine oil and onion in a pan and cook over moderate heat about 5 minutes, until onion is soft. Add garlic, stir a further 1 minute.

Add curry powder, cumin, chilli, tomato puree, simmer 10 minutes.

Add sweet potato, chickpeas, ½ coriander and 1 cup of chickpea cooking liquid. Cover cook over low heat for 1 hour, stirring occasionally, adding more chickpea liquid if mixture becomes dry.

Season and stir in remaining coriander. Serve with rice and pappadams.



potato and lentil pie

INGREDIENTS

200g (1 cup) of dried lentils
4 potatoes (roughly diced)
1 cup carrots (diced)
1 cup cauliflower (diced)
3 tbsp olive oil
3 tbsp sour cream
¼ tsp nutmeg
parmesan cheese

METHOD

Rinse lentils and boil with 2 cups of water for about 20 minutes, until soft.

Boil potatoes, carrot & cauliflower until soft.

Mash with lentils roughly (not too much) and mix in oil, nutmeg and sour cream.

Place ingredients in pie dish and top with parmesan cheese.

Bake for half hour in 220 degree oven.

YUM!





chocolate banana bread with chickpea flour

INGREDIENTS

3 eggs
200g sugar
100ml / 3.5 oz salted butter, melted
2 very ripe bananas, mashed
2 tbsp sour cream
350g (1½ cups) chickpea flour
3 - 4 tbsp of cocoa powder
1 tsp baking powder

METHOD

Whisk the eggs and sugar until light and fluffy before adding the butter, sour cream and the mashed bananas.

Stir very well, the best way is with an electric mixer as this will combine the bananas even more throughout the mixture with minimal lumps.

Sift flour, cocoa powder and baking powder into the batter and stir until completely mixed.

Pour into a greased loaf tin and bake in a pre-heated oven 175°C / 350°F for 25 - 30 minutes.

Keep an eye on it and check it after 25 minutes. The last time I made this it took an extra 15 minutes.

Check by using a thin skewer into the centre of the loaf and it should come out clean.

chocolate brownies using chickpea flour and hazelnuts

INGREDIENTS

3 eggs
200g sugar
150g butter
Pinch of salt
100g good dark chocolate
2 - 4 tbsp cocoa powder
50g toasted hazelnuts, chopped
80g chickpea flour

METHOD

Melt the butter and chocolate in a small bowl over a pan of water then let it cool down.

Whisk eggs and sugar until light and creamy then add the butter and chocolate.

Stir well then add the salt and hazelnuts. Sift the flour and cocoa into the mixture.

Mix well, then pour into a well greased square tin (25cm x 25cm works).

Bake in a pre-heated oven at 175°C for about 25 minutes.

Test with a skewer/toothpick to test if cooked.



the veranda lentil snack

Yield: About 1 cup

INGREDIENTS

½ cup dried lentils
½ tbsp sunflower oil
½ tsp garlic powder
1 tsp red chilli pepper flakes
½ tsp oregano
Salt and pepper to season

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METHOD

Rinse dry lentils, then place in a pot. Add water until about 5cm above the lentils.

Cover, and bring to a boil.
Reduce heat to a low simmer
and cook 18-20 minutes, stirring
occasionally.

Preheat oven to 210°C.

Drain and cool lentils, and then
place back in the waterless pot.
Toss with remaining ingredients.

Line large baking sheet with
parchment paper or aluminium
foil. Spread lentils on top in
a single layer. Bake for 12
minutes. Stir and then bake for
another 12-15 minutes, until fully
crunchy. (Keep an eye on them
during the last few minutes so as
not to burn.)

Sprinkle with salt and pepper.
Let cool before storing in an
airtight container.

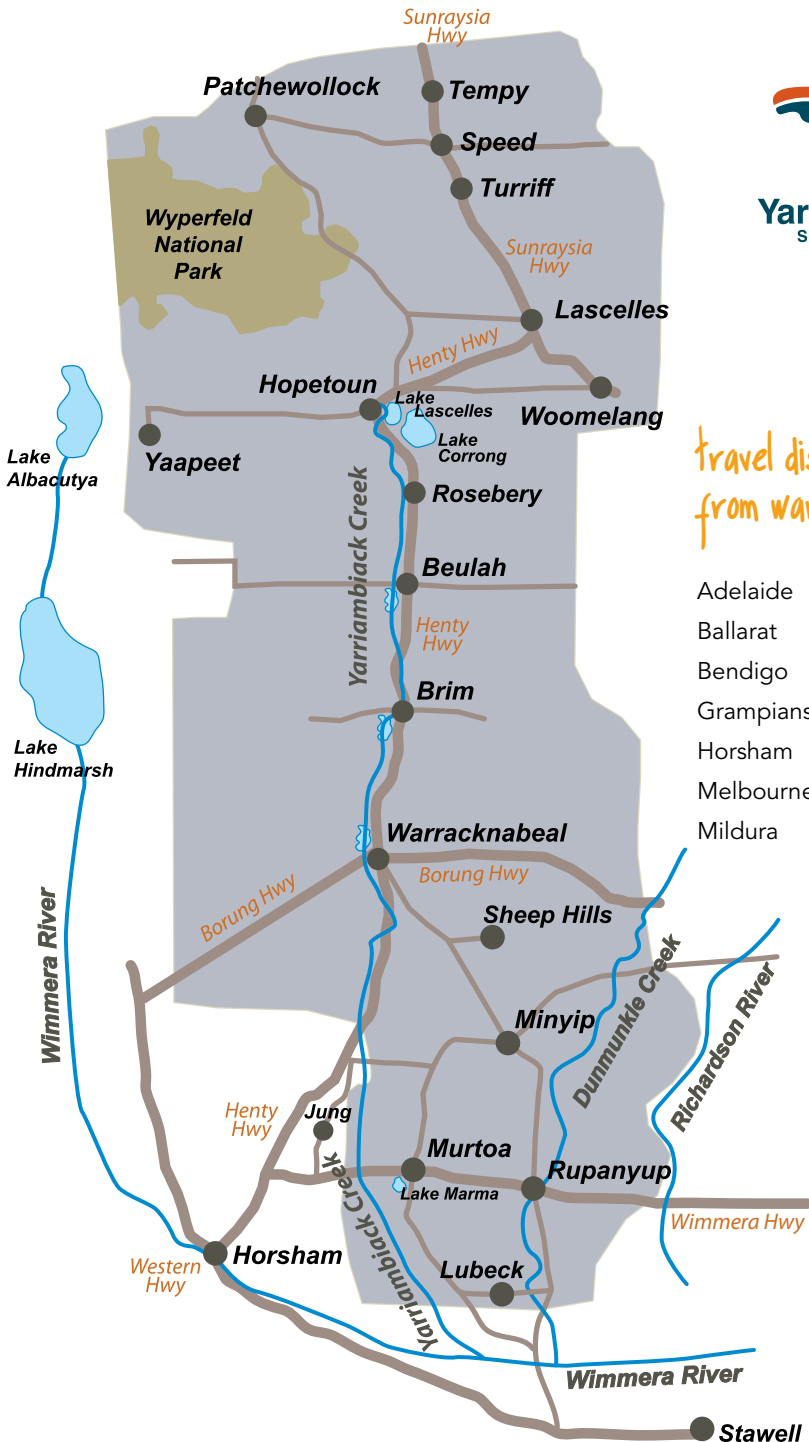




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*travel distances
from warracknabeal*

Adelaide	431kms
Ballarat	230kms
Bendigo	205kms
Grampians	129kms
Horsham	58kms
Melbourne	342kms
Mildura	254kms





wimmera mallee - make the move



Yarriambiack
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Yarriambiack Tourism

If you would like further information about the Wimmera Mallee, Yarriambiack Shire Council can assist you.

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