

Chick Pea Croutons

Description:

Serving Size: 50 Servings

Categories: Garnish

Action Date Initials
 Created 8/13/2012 CR
 Revised:

Cost Per	
Serving	
\$	0.10



Amount	Measure	Ingredient	Preparation Method	Product No.
0.112	kg	Chick peas		20-100001164
0.150	kg	Shallots	chopped	20-100000864
0.100	kg	Garlic	chopped	20-100000869
0.150	kg	Unsalted butter		20-100001601
1.000	lt	Milk		20-100000577
0.375	kg	Corn flour (Polenta)		20-100001032
5.000	ea	Egg yolks		
10.000	ea	Egg whites		20-100000648
0.3	kg	Oil	for frying	20-100001609
0.100	kg	Salt		20-100001323
0.025	kg	Pepper		20-100001295

Method of Preparation:

- Cook the chick peas in boiling salted water. Simmer for 45 minutes -1 hour or until soft. Drain, puree and set aside
- Gently sauté the garlic and shallots in butter until transparent add in the milk and slowly bring to a boil.
- Whisk in the reserved chick peas and heat. Add in the polenta and cook-out until thick.
- Whisk in the yolks and season with salt and pepper. Remove from the pan and chill.
- Once cold, place the mix into a bowl.
- Beat back with a spatula.
- Whisk the egg whites and fold through the chick pea mixture.
- Place the mixture into a small piping bag with a small plain nozzle.
- Place the piping bag over the fryer and using a small knife cut small droplets of the chick pea mixture as it comes out of the piping bag. Deep fry the chick pea droplets at a temperature of 150oC. Agitate the oil throughout the cooking process.
- Remove and lie onto paper towels
- It is important that the frying oil is at this temperature otherwise the mix will brown quicker than the actual cooking of the crouton.