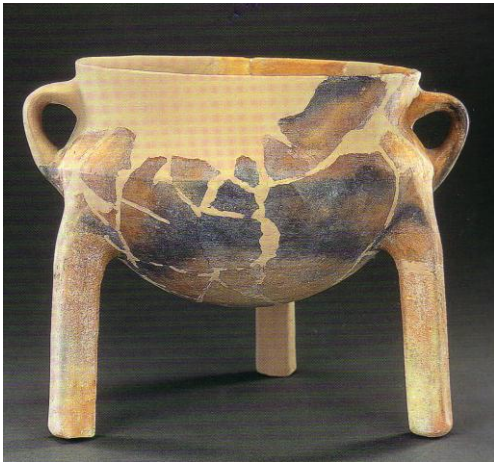




Cooking ...

Chick peas



225 grammar chick peas
2 onions finely chopped
4 gloves of garlic finely chopped
A fistful of mint
A fistful of parsley
4 spoons olive oil
Salt and pepper

Soak the chick peas in the water for 8 hours. Then rub down their peel them off by hand. Put the chick peas in a saucepan, cover them with water and boil them for 4 hours. Strain the chick peas.

Put in the saucepan the chick peas with the rest of the materials. Leave them cook for a half an hour.

You can eat them immediately but they are yummy much more the next day because their taste matures.

*Berriedale-Johnson, Michelle, *The British Museum Cookbook*, British Museum Publications

Pulses in Greece

In ancient Greece they used to eat fresh pulses uncooked as a dessert. They soaked the dry pulses and ate them broiled or boiled