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Recipe for the month of May

An incredibly nutritious gluten-free meal of pancakes and chutney from India and Asia, made with ingredients like organic chickpea flour, fresh coconut, and exotic condiments, when blended, brings fresh flavours and a bit of heat and spice to your palate. These dishes, separately, can be mixed and matched with a variety of meals.





Chickpea Flour Pancakes with Coconut Chutney

1 cup chickpea flour

1/4 cup diced onion

1/4 cup chopped tomato

1/4 cup cilantro

1/8 tsp grated ginger

1 small clove of garlic chopped fine.

1/3 tsp cumin powder

1/4 tsp turmeric

1 green chilli (optional)

Salt to taste, approximately 1/2 tsp

1 cup water, adjust as needed, to make the thickness of the pancakes you want.

Preparation

In a large mixing bowl, combine all ingredients except the water.

Add water and stir until you have a smooth batter.

Heat a cast iron pan with a touch of avocado oil, take a ladleful of batter and pour it in the center of the pan. Gently spread to widen the pancake. Cook for 2 to 3 minutes or until the edges are golden. Flip and cook for another 2 to 3 minutes until golden. Repeat this with the remaining batter. Enjoy with chutney and a salad.



Coconut chutney

1 cup shredded frozen coconut thawed. Do not use sweetened coconut.

1 cup coriander leaves

1/4 cup mint leaves

1 green chilli (optional). For less heat, remove the seeds from inside the green chilli.

1/4 cup onion

1/4 tsp cumin powder

1 clove of garlic

1/2 inch ginger

Salt (approximately 1/2 tsp) and lemon juice (approximately 1 1/2 tablespoon) to taste.

In a blender, combine all ingredients and blend until smooth with a little water. Taste for salt and lemon. Can be eaten with rice dishes too. Freezes well. Enjoy!