

WAMOUSSE  
*Una Deleziosa Quotidienne de Dykitchen*

RICH CHICK  
 ON S'PEA'D AND  
 CUM'IN SOUP  
 BY ÈVE CHABANON



≈≈



\* *Sapide*

De l'adjectif latin *sapidus*, savoureux. \sa.pid\

Qui a de la saveur, *ex*: une gousse d'ail

Les corps, les substances *sapides*.

Butscha reconnu sympathiquement l'amour dans sa vigoureuse et *sapide* naïveté, dans ses vraies, dans ses profondes anxiétés.

*Honoré de Balzac*

WAGONS

*Une Délicieuse Quotidienne*  
*de Dykitchen*

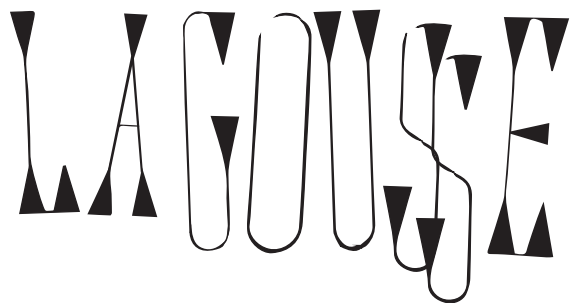


# Ingrédients

250g of dry chickpeas  
(soaked overnight in fresh water  
and 2 tbsp of baking soda)  
1 large shallot, chopped in thin dices  
3 garlic gloves  
4 full tbsp of cumin  
2 tbsp of paprika  
2 tbsp of fresh turmeric roots, grated  
1 red pepper (thinly chopped, seeds off)  
Vegetable stock  
Bay leafs  
Thyme  
Black pepper  
Salt



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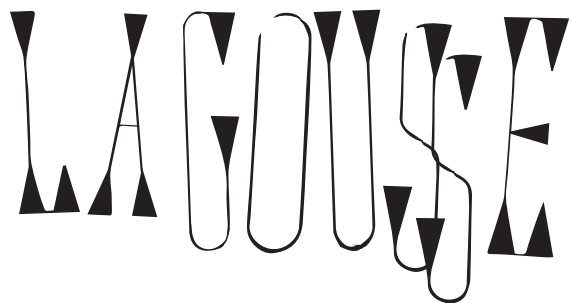
**S**oak over  
night the  
chickpeas into  
fresh water  
(they have to be  
fully submerged  
as they are going  
to drink a lot  
of water while  
rehydrating) and  
baking soda.

**T**he following  
day wash the  
chickpeas well,  
and set them  
aside.

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**g**ently cook the shallot in a cooking pot on a medium to low heat with a little olive oil until translucent.

**a**dd a few drops of water if the shallot starts to stick.

**a**dd the garlic and cook with a little extra oli- **33**  
ve oil on a medium heat.



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**a**dd the chickpeas,  
stir well, then add  
the cumin, paprika,  
red pepper and stir  
for 2-3 min.

**C**over generously  
with vegetable  
stock. add the salt,  
bay leafs, thyme and  
turmeric. crush some  
black pepper which  
will help to assimilate  
the turmeric benefits

*(turmeric is a strong Ayurvedic  
remedy traditionally  
used as a digestive, alterative,  
cholagogue, anti-inflammatory,  
and antimicrobial).*

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**bring to boil,**  
**then lower**  
**the heat and let**  
**reduce slowly**  
**until the chick-**  
**peas get soft.**

**Serve with**  
**a squirt of**  
**lemon, dash of**  
**olive oil, fresh**  
**shopped herbs**  
**and some harissa**  
**so if you like it**  
**spicy.**



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LA MONTAGNE

Une Délicieuse Quotidienne  
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Voulez-vous de l'ail? J'en ai de belles gousses.