

Chickpea Omelet

Ingredients

- 1 ½ cups chickpea flour (superfine gram or besan flour)
 - 3 tablespoons nutritional yeast
 - 3 tablespoons ground flax seeds (golden give good color)
 - 1 ½ teaspoons baking powder
 - 1 teaspoon ground cumin
 - 1 teaspoon salt (optional)
 - ½ teaspoon turmeric powder
 - ¼ teaspoon black salt (kala namak) or sea salt
 - ¼ teaspoon black pepper
- Optional: per whole recipe of omelet mix to make 6 omelets, add**
- 1 cup carrot, zucchini, roasted red pepper, kalamata olives or tomato or pre-cooked mushroom, broccoli , finely chopped or grated

Method

Mix all dry ingredients thoroughly. Store in refrigerator in tightly sealed container until ready to use.

To use: Stir mix before each use. Mix one heaping 1 1/2 cup with 1 1/2 cup water. Stir well and let it sit for a few minutes to thicken. If desired, add up to 1 cup finely chopped quick vegetables, such as shredded carrot or zucchini, spinach, kale, roasted red pepper, kalamata olives or tomato to the batter. You may also add pre-cooked ingredients, such as mushrooms or broccoli, as long as they are chopped small. If the batter seems too thick (thicker than pancake batter), add water a little at a time until thinned.

Heat a non-stick pan (or a well seasoned pan with addition of about 1 teaspoon oil) over medium-high heat until a drop of water sizzles. Spoon in half of the batter and spread it evenly in a circle approximately 4 to 5 inches in diameter. You want it to be on the thin side rather than thick. Cover the pan and cook, checking often, until the top is no longer shiny wet looking and the underside is light to medium brown (lift a corner with a spatula to check). Flip over and cook the other side, with the lid on, for another minute or two. Make sure that the center isn't uncooked (raw chickpea flour tastes bad). Place on plate and keep warm until ready to serve. Repeat with the remaining batter.

Two omelets equals 1 serving or 1/3 cup of mix.

Notes



A quick breakfast awaits by having the omelet dry ingredients mixed and stored in a well sealed container in the refrigerator.

You can also make filled omelets by preparing a filling beforehand (sautéed mushrooms and kale, seasoned black beans for example). Prepare omelet as above, add the filling after the first side is done and folding one side of the omelet over the filling. Cover and cook for a couple of minutes to complete cooking.

You can find chickpea flour in bulk at People's Food Co-op and New Seasons, in bag (Bob's Red Mill brand) at Alberta Food Co-op, Whole Foods and New Seasons.

Indian black salt is an Indian volcanic rock salt also called Himalayan black salt, sulemani namak and kala loon. It is NOT black ritual salt (not for eating, it is from scrapings of charred, herbs, ash and iron at bottom of cauldron mixed with salt) or black lava salt (sea salt blended with activated charcoal and used at end of cooking as finishing salt). Kala namak is the rock salt heated to over 1400 degrees Fahrenheit and infused with sulfurous herbs and spices. It lends a savory-sulfuric taste of eggs to many plant based dishes.

To read more, visit <https://themeadow.com/pages/what-is-kala-namak-aka-indian-black-salt>.

Source: Susan Voisin (6 servings)