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HERALDNEWS

Wednesday,
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Taste

Today's recipes

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Sweet corn
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Sing-ular success

Rebecca Frezza and her
band, Big Truck, offer
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LEGUMES

A fresh take on garbanzos

By **CAROLYN JUNG**
McClatchy News Service

Think of chickpeas as cream-colored legumes that come only dried or out of a can?

Then you don't know beans. Meet one of the new kids in the produce aisles: fresh garbanzos — tiny emerald-green beans sheathed in downy, papery, pale celadon pods.



Whether called ceci in Italian, channa in India, or garbanzo in Spanish, they are one of the most consumed legumes in the world, as well as one of the oldest, dating back to ancient Egypt.

Unlike the more ubiquitous dried version, which takes hours to cook, the delicate, fresh green ones are smaller and can be eaten raw. Just peel off the pod to reveal one — or sometimes two — beans with a sweet, herbal-grassy flavor. Or steam or blanch un-

shelled garbanzos for just a few minutes and eat out-of-hand like edamame. Or add cooked, shelled fresh garbanzos to salads, soups, vegetable sautés, stews, or in place of canned ones in your favorite hummus recipe.

Chefs' darlings

With a nutty, almost fresh-picked pea flavor that heightens when cooked, fresh garbanzos have become a darling of restaurant chefs. And thanks to a California producer, they are now available pretty much year-round in a growing number of groceries.

"The difference between fresh and dried is night and day," says Mark Sullivan, executive chef of the Village Pub in Woodside, Calif. "They're creamier fresh. And very precious."

Sullivan double-peels the garbanzos by removing the outer pod as well as the thin membrane that covers each bean. He admits you don't have to go that extra step to take off the membrane, but he finds the beans just a bit sweeter without it.

At the Village Pub, he serves fresh and dried garbanzos together — to play up their contrast — as an accompaniment to pan-roasted halibut.

At Piperade in San Francisco, fresh garbanzos and corn kernels form a bed for succulent veal cheeks. And at its nearby sister restaurant Bocadillos, diners dig into fresh garbanzos spiked with cumin and blood sausage.

"They're kind of fun," says Gerald Hirigoyen, executive chef of Piperade and Bocadillos. "People think these can't be garbanzos."

That's the puzzled expression I get whenever I set down a big platter of them at casual dinner parties. My favorite way of preparing them is the method favored by those of Mexican heritage — pan-roasting. It's also one of the easiest ways to cook them. Just heat some olive oil in a

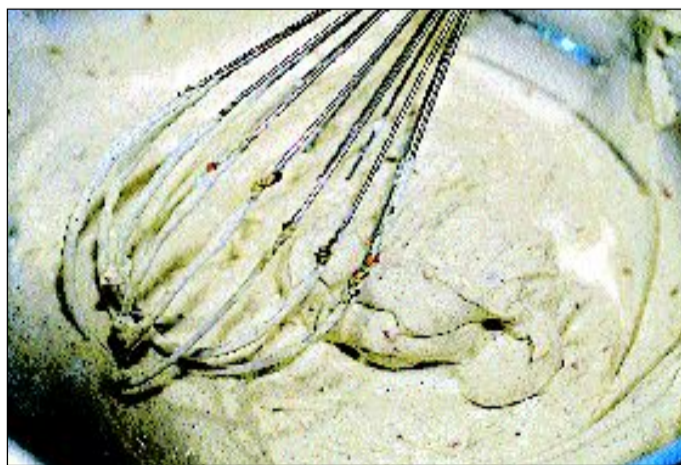
Please see **GARBANZOS, D6**

COOKING WITH ... SHARYN ROSLER



Photos by **MICHAEL KARAS** / Herald News

Sharyn Rosler checks on Grandpa Jack's Romanian "Blintzes," which are being baked in the kitchen of her Wayne home.



From top, a piece of the "blintzes" topped with sour cream, a loaf of sweet challah and combining the ingredients for Labaneh with Herbs and Spices.

'Almost' kosher

Tasty recipes anybody can make

By **CAROLINA BOLADO**
Herald News

Sharyn Rosler refers to an "I Love Lucy" episode — never a good sign — to describe her first attempt at baking bread.

"I didn't realize it was a recipe for two loaves," Rosler said. "Did you see that 'I Love Lucy' episode where the bread was coming out of the oven? My oven opened up a bit."

Rosler, a Wayne resident, has come a long way since that first challah, which, while tasty, was as large as her pastry board, almost 2 feet wide. Now, they emerge from her oven perfectly twisted, browned and flecked with golden raisins — and small enough that they don't crowd the table.

The challah is a staple for her dinner on Rosh Hashana, the Jewish New Year, which begins this year at sundown on Friday, Sept. 22. For Yom Kippur, 10 days later, she makes Grandpa Jack's Romanian "Blintzes," which look more like a casserole than they do

blintzes. She named the recipe after her Romanian grandfather, who loved blintzes and "anything with cheese."

Those are just two of the many creations that come out of Rosler's kitchen, where she's spent years cooking with family and friends and on occasion holding demonstrations. She self-published her first cookbook, "An Almost Kosher Cookbook," in 2005, and she's working on a second, "My Kosher Salt: The Kosher Cookbook for Everyone."

"I try to make recipes that anybody can make," Rosler said.

The "blintzes" were created when Rosler was on her way to an all-dairy party, where no meat products were allowed. Instead of going the traditional, more time-consuming route, she poured half the batter into the bottom of a baking dish and then added the filling before topping it off with the other half of the crepe batter. The cottage cheese, honey and fruit filling

Please see **COOKING WITH, D6**

On the Web

For Sharyn Rosler's Chocolate Death Cookies recipe, visit Carolina's blog at www.northjersey.com/foodblog.

BEST BETS

FOOD AND WINE AT THE SHORE: The 10th annual Cape May Food and Wine Festival, sponsored by the Mid-Atlantic Center for the Arts, begins Saturday, Sept. 16 and runs until Thursday, Sept. 21.

The festival begins with a tour and tasting at the Cape May Winery, 711 Town Bank Road in North Cape May, from 11 a.m. until 3 p.m. on Saturday. Admission is \$20. At 6 p.m. that

same day is a casual seashore picnic supper at the Carriage House Tearoom and Café at the Emlen Physick Estate, 1048 Washington St. in Cape May. Admission is \$45; the event is adults only and BYOB.

On Sunday, the Cape May Winery will host the People's Choice Chowder Contest, where local chefs will do their best to wow the audience's taste buds. The event begins at noon and costs

\$25 per person.

Beginning Sept. 17, five restaurants will each daily provide one course in a five-course gourmet feast with wine pairings from 6 p.m. until 10 p.m. Admission is \$100 per person, including gratuity and a trolley shuttle between restaurants. Gourmet lunches will also be offered daily at a different fine Cape May restaurant for \$20 per person.

On Tuesday, Aleathea's Restaurant on 7 Ocean Street will serve a five-course dinner paired with a different beer for each course. Beer expert Gary Monterosso will discuss the pairings. The event begins at 6 p.m. and costs \$65, gratuity included.

For more information, call 609-884-5404 or 800-275-4278, or visit www.capemaymac.org.

— Carolina Bolado