

## Vegetarian Chickpea and Vegetable Patties

2 cups well cooked chickpeas, mashed, either from scratch or canned and drained

Vegetable broth

5 medium potatoes, well scrubbed and cut in half

5 carrots, peeled

1 head of garlic, cut in half

1 large onion, peeled and quartered

1 teaspoon fresh thyme or 2 teaspoons dried

1 teaspoon paprika

1 teaspoon turmeric

pinch of salt

2-3 tablespoons oil

6-8 cups water

Adding to the mashed vegetables and chickpeas:

1 rounded teaspoon salt

1 cup breadcrumbs

1 rounded teaspoon baking powder

1 egg

Oil for frying

Directions:

If you are cooking the chickpeas from scratch, put in a bowl and for each cup of chickpeas, add 1 teaspoon baking soda. Cover with three times the amount of water, cover and leave in fridge overnight.

The next day, drain and rinse chickpeas and put in a pot, again with 1 teaspoon baking soda per cup beans and cover with plenty of water. Bring to boil, lower to simmer and cook about an hour to an hour and a half or till chickpeas are very soft. Drain and place in bowl. Or use canned chickpeas, drain. Mash with potato masher and set aside.

Take the potatoes, carrots, garlic, onion, thyme, paprika and turmeric and a pinch of salt and put in a pot with water to cover three quarters up the pot. Bring to a boil and cook till very soft. Remove 4 halves of potatoes and one carrot, half the onion and 4 cloves of garlic. (The rest of the veggies can remain in the broth, though I peel all the potatoes and return to broth and you have a lovely broth to serve with your meal). Slip the skins off the potatoes and squeeze the garlic out of the skin and put all the veggies in a bowl and mash. Add the chickpeas and mix and then add the salt, baking powder, egg and breadcrumbs and mix all together till stiff mixture forms. Form patties and fry in hot oil on both sides about 3 -4 minutes each side. Serve hot or room temperature.