

Spanish Chickpea Stew

Ingredients:

- 2 tablespoons Olive Oil
- 1 large onion, finely chopped
- 1 red capsicum, finely diced
- 2 celery stalks, finely diced
- 2 garlic cloves, minced
- 2 teaspoons sweet paprika
- 1 teaspoon smoked paprika
- ½ teaspoon chilli flakes
- ½ teaspoon dried oregano
- 1 pinch saffron threads
- 1 tin whole tomatoes
- 5 potatoes (approx. 750g) peeled and chopped into chunks
- 4 carrots (approx. 400g) peeled and chopped into chunks
- 1 tin chickpeas, drained and rinsed
- ½ a bunch of Silverbeet, stalks removed and chopped, the leaves sliced
- 2 fresh bay leaves
- Small handful of thyme
- 1 litre of vegetable stock, plus extra if needed
- ¼ bunch of flat leaf parsley, roughly chopped

Put in a small bowl altogether

Equipment:

- Knives
- Chopping boards
- Measuring spoons
- Measuring Jug- Large
- Garlic press
- Small bowl
- Peeler
- Mesh strainer
- Large pot & lid
- Wooden spoon
- Ladle for serving



Method

1. Collect all of your equipment and ingredients. Prepare all of the ingredients as per the ingredients list above.
2. Heat the oil in a large pot over medium heat. Add the onion, capsicum, celery and garlic along with a good pinch of salt. Reduce the heat to low and cook, stirring occasionally, for about 10 minutes.
3. Add the sweet and smoked paprika, chilli flakes, oregano and saffron and cook for 1 minute.
4. Add the tomatoes, breaking them up once they are in the pot, then cook on medium heat for 10 minutes, stirring regularly.
5. Now add the potatoes and stir well to coat. Then add in the carrot, chickpeas, silverbeet stalks, bay leaves and thyme, then pour over the stock. Make sure everything is covered by the stock. If it isn't, use a bit more stock. Season with Salt and Pepper.
6. Cook over low heat for 40 minutes or until the potatoes are soft. Add the silverbeet leaves and cook for a further 5 minutes.
7. Finish off with the parsley and adjust the taste with more salt and pepper if need be. Serve with the hot dinner rolls.

Dinner Rolls

Ingredients:

- 1 cup warm water
- 1/3 cup vegetable oil + 2 tablespoons extra for greasing pan
- 1/4 cup sugar
- 2 tablespoons dry yeast
- 1 egg- beaten (EF sub)
- 1 tablespoon butter- softened (DF sub)
- 1/2 teaspoon salt
- 3 cups plain flour, plus a bit more if dough is too sticky (GF sub)
- 1/8 cup milk- room temperature (DF sub)
- 1/2 cup butter- softened for buttering rolls when cooked (DF sub)



Equipment:

- Large bowl
- Small bowl
- Measuring cups
- Measuring spoons
- Measuring jug- small
- Pastry brush
- Large pan
- Dough cutter
- Baking paper
- Tea towel- clean...not your bench towels!!!
- Bread knife
- Butter knife
- Small butter bowl
- Serving Plate

Method

1. Preheat oven to 180 degrees Celsius and collect all of your equipment and ingredients.
2. In a large bowl, combine 1 cup warm water, oil, sugar, and yeast. Let sit until yeast is bubbly/frothy (about 5 minutes). Stir in beaten egg, softened butter, and salt.
3. Kneading by hand, add in the flour, one cup at a time until you have a soft dough that isn't sticky (this is where you may need a little more flour). Knead by hand for 10 minutes.
4. Divide dough into 18 even pieces and form into balls. Place in a greased pan and cover with parchment paper and a kitchen towel.
5. Let them rise for 10-30 minutes in a warm place (stovetop will be best place).
6. Lightly brush with milk and bake on the middle rack for 10-12 minutes or just until browned.
7. Serve warm, cutting them in half and serving them on a platter with butter, Enjoy dipping them in the Chickpea stew! Yum!!!