

Chickpea Vegetable Stew with Dumplings

2 cups dried chickpeas

7 cups water

4-inch piece kombu

2 onions diced, ½ inch

1 large carrot, cut in rounds and half rounds

½ rutabaga, cut into 1-inch cubes

2 stalks celery, slice ¼ inch pieces

8-10 button mushrooms

Baked tofu slices, cut into ¾ inch pieces (see recipe *Baked Tofu Slices*)

Kuzu or arrowroot for thickening

Sea salt

Soy sauce

Minced fresh dill or parsley for garnish

To cook the chickpeas:

1. Wash the chickpeas and soak in a pressure cooker with the water and kombu overnight.
2. Remove the kombu and chop into small squares. Set aside.
3. Bring the chickpeas to a boil. Skim off any foam that rises to the top. When no more foam forms, return the chopped kombu to the pressure cooker. Put the lid on the pressure cooker, bring up to pressure and cook for 50 minutes.
4. In a deep, wide pot, layer the onion, mushrooms, tofu, celery, rutabaga and carrot.
5. Add enough additional water to cover.
6. Sprinkle with sea salt.
7. Cook until the vegetables are tender.
8. Add the chickpeas and simmer until the flavors blend. Taste the broth and add more salt if needed.
9. Dissolve the kuzu or arrowroot into a little cool or room temperature water.
10. Slowly trickle into the stew, stirring gently.
11. Taste again, if needed, season with a little soy sauce.
11. Mix up ½ recipe of the skillet cornbread. The only difference is to add 1 level tsp. baking powder to the dry ingredients before mixing in the wet ingredients.

12. Spoon 2-inch sized balls of cornbread on top of the stew while it is simmering. Cover, turn heat to a low simmer and cook until the dumplings are cooked in the middle. Do not boil too hard or the dumplings may dissolve.

13. Garnish with minced parsley and/or frozen green peas.

** Other options: For vegetables, add or substitute albi (taro potato), or red skinned potato. Other vegetables that would be tasty, daikon, turnip, fresh lotus root or burdock.*

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