

Chickpea crème soup with cumin - a recipe by Martin Fauster



Chickpeas can be used in a variety of ways and are especially popular in the Middle East – as a spread, dip (hummus), falafel or in stews. Even in Germany these slightly nutty-tasting sources of protein are becoming increasingly popular. The taste of chickpeas is comparatively mild, which means they combine well with strong herbs and spices – from cumin through to fresh herbs.

Ingredients for 4 portions:

50 ml olive oil



- 2 shallots, roughly chopped
- 50 g fennel, roughly chopped
- 50 g celery, cut into pieces
- 1 clove of garlic, pressed (incl. skin)
- 1 bay leaf
- 1 sprig of thyme
- 200 g chickpeas (soaked the day before)

½ tsp Annapurna curry powder
½ tsp turmeric
1 fresh tomato, chopped
1 thin slice of ginger
1 l vegetable stock
500 ml tomato essence (see basic dishes)
¼ l cream
Salt, pepper, cumin
15 saffron threads
3 tbsp butter

Tips from Martin Fauster:

- Make sure you follow the order in which you add the seasoning to this dish. Saffron and curry powder should only be fried lightly otherwise bitter compounds may arise.
- Can be stored for 3 to 4 days in the fridge but is also suitable for freezing (the spices lose a little of their taste).

Preparation (c. 1,5 Hours):



Sauté the chopped shallots with the fennel, celery, garlic and herbs (bay leaf, thyme) in olive oil.

Add the soaked and drained chickpeas and fry briefly. Then add the chopped tomato and ginger.



Now add salt, pepper, followed by the turmeric, curry powder and the saffron threads.

Pour in the vegetable stock and tomato essence. Leave the soup to simmer for 45 minutes.



Add the cream and bring to the boil. Now remove a few chickpeas to be used as an addition to the soup later.



Blend the soup.



In order to remove items such as the skins of the chickpeas from the soup, pour the soup through a sieve.



To make the cumin butter, stir the ground cumin into brown butter ('beurre noisette' – see the “brown butter” video) at a ratio of two parts butter to one part cumin.



Divide the chickpeas, which were removed from the soup before blending, between the bowls. Mix the hot soup (e.g. with a hand blender) to create a foam and then pour into a hot bowl. Drizzle drops of the cumin butter into the soup.