

GARBONZO'S MONTREAUX

Another rare instance of when I remember where I got the idea. This time it was from Cook's Illustrated. I subscribed to this reactively recently and I really enjoy reading it. I am not quite sure what it is, but I think I like it better than Bon Appetit. ANYWAYS... This one also introduced me to "picada" which gives me another tool to put in my tool box.

I think this is vegan (well, if you leave the bacon out). It is not gluten free, but I can imagine some ways to get around that. This takes a little bit of effort, but freezes and reheats pretty well (I have been eating the leftovers for lunch!!) so is a great option for making on the weekend to eat during the week

INGREDIENTS

T MINUS TWO DAYS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	16 oz. bag	Dried Chick Peas
AR	-----	Water

T MINUS ONE DAY

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
3 ½	Cups	Water
2	32 oz. Box	Unsalted Beef Broth
1	1 Qt. Jar	Devil's Trinity
AR	-----	Water
2	10 oz. Box	Frozen Spinach
2+	Slice	White or Wheat Bread
1	TBSP	Smoked Paprika
1	TSP	Cumin (Ground)
¼	TSP	Morton's Kosher Salt
1/8	TSP	Cinnamon
1/8	TSP	Cayenne Pepper
1	16 oz. Pack	Regular Cut Bacon [OPTIONAL]

T MINUS ZERO DAYS

Qty.	Unit	Item
16	Oz.	Baby Portabella Mushrooms
2	Cups	White Wine
6	Decent Sized Cloves	Garlic
4	-----	Averaged Sized Roma Tomatoes
1	Bunch	Green Onions
¼	Cup	EVO
4	TSP	Cooking Sherry
Small	Pinch	Saffron
1	Decent Size	Lime

Once again, I go with Goya for the Chick Peas

Insert bit about water here

Once again, I am using College Inn for the broth. If you can't find unsalted, that's OK!!! You're just going to have to be a bit more careful with the salt when seasoning

My bread of choice for this is Maier's Premium Italian Bread, but use any white or wheat bread that you like

Insert standard blurb about salt here

I THINK (but am not 100% sure) Baby Portabellas are also known as cremini's (you might want to check the spelling on that). I think regular ol' white buttons will work as well

Once again, I really like Yellow Tail Pinot Grigio for this type of thing. Tastes good (to me anyway) by itself and works really well in cooking situations

Saffron... quite expensive and possibly not 100% necessary. I forgot it the first time I made it

As far as the bacon goes, I am still on the Kunzler kick

SPECIAL TOOLS

- None!!!

PREPARATION

T MINUS TWO DAYS

- 1) Sort through the chick peas to look for (and discard!) any debris such as rocks, sticks, bad peas, etc
- 2) Put the chick peas in a large pot [i] and cover to three times their height [ii] with water
- 3) Cover and let soak overnight

T MINUS ONE DAY [III]

- 1) [OPTIONAL]: Make bacon crumbles as per “Oven – Low and Slow” from “How to Cook Bacon”
- 2) Drain the chick peas and return to pot
- 3) Add the 1 qt. jar of Devil’s Trinity (including juice), 3 ½ cup water, and (Qty. 2) 32 oz. box of beef broth to the pot
- 4) Add water as required to cover the chick peas by at least 2.54 cm
- 5) Cover the pot and heat on high until you achieve a rolling boil
- 6) Reduce heat to get a simmer
- 7) Stir occasionally and adjust heat to maintain the simmer
- 8) Now “they” (you know... them) say to cook the chick peas until tender
 - a. I am still not entirely sure my definition of tender matches theirs, but I think a decent gauge is if you can easily pierce a pea all the way through with a wood tooth pick.
 - b. I think most of “them” say this should take around 1 hour, but be prepared for longer
 - c. Add water as required to keep chick peas covered. You will have to adjust the heat to return to then maintain a simmer
- 9) While the chickpeas are cooking, take the spinach out of the boxes and place in Ziploc or vac seal bags. Place in the fridge to thaw overnight
- 10) Place two slices of bread in the food processor and process to crumbs. You should get about 1 ¼ cups. If you are on the low side by too much, process more bread to crumbs as required
- 11) Place the bread crumbs in a Ziploc bag or Tupperware container in the fridge overnight
- 12) Add the smoked paprika, cumin, salt, cinnamon, and cayenne pepper to a small glass bowl and whisk until thoroughly incorporated
- 13) Transfer the spice mix to a small Tupperware container and put in the fridge overnight
- 14) When the chick peas are “tender”, remove heat and let cool until the pot is handleable
- 15) Place the pot (COVERED!) in the fridge to sit overnight

T MINUS ZERO DAYS

- 1) Rinse the mushrooms and pat dry [iv]
- 2) Dice the mushrooms to small (but not TOO small!)
- 3) Add the mushrooms to the cast iron pan
- 4) Add 2 cups of Pinot Grigio and set heat to high

- 5) Cook the until all liquid has evaporated
- 6) While the mushrooms are cooking, chop 1 TBSP butter into small bits and set in the fridge until needed
- 7) Once all of the liquid has evaporated from the mushrooms, dry cook two minutes longer, giving a quick stir after 1 minute
- 8) Spread the butter bits evenly over the mushrooms and let melt
- 9) Continue to cook a few minutes more, stirring occasionally, until nicely browned
- 10) Remove heat and place the mushrooms to a strainer over a 1 quart measuring cup (but do not cover... yet)
- 11) Pull the thawed spinach from the fridge and drain through strainers over 1 quart measuring cups. Press gently with a spoon to get out excess liquid
- 12) Place the spinach from one box of spinach in the middle of a flour sack towel. Gather up the corners and sides of the towel around the spinach and twist and squeeze to get out as much liquid as possible [v, vi]
- 13) Set the "squeezed" spinach aside until needed
- 14) Remove the paper from the garlic and mince. Set aside until needed
- 15) Rinse the romas and cut out the stem nubs
- 16) Dice two of romas and set aside until needed
- 17) Slice the other two romas in half lengthwise
- 18) Grate the romas with a box grater [vii] and set aside until needed
- 19) Rinse the green onions
- 20) Cut away the roots and any rubbery or otherwise unappealing bits
- 21) Thin slice the green onions and set aside until needed
- 22) Add ¼ cup EVO to a 9 inch non-stick pan and heat on medium until shimmering [viii]
- 23) Evenly sprinkle the bread crumbs over the oil and cook until golden brown
- 24) Add the garlic, spice mix, small pinch of saffron, and cook until fragrant (about 30 seconds)
- 25) Add 4 TSP sherry and the grated tomatoes and stir until evenly incorporated
- 26) Immediately remove from heat and cover with heat dome
- 27) Pull the chick peas from the fridge and strain through a colander into a second pot
- 28) Measure volume of the broth
- 29) Put the chick peas back in the first pot along with 1 ½ cup of the broth
- 30) Heat the chick peas and broth over medium heat to a simmer
- 31) Stir in the picada, spinach, and mushrooms a little bit at a time
- 32) Cover and reduce heat to very low
- 33) Let cook for about 15 minutes then remove heat
- 34) Stir in the bacon crumbles [OPTIONAL], the juice from one lime and then portion into bowls
- 35) Garnish with green onions and diced romas
- 36) ENJOY!!!

CLOSING THOUGHTS

From my notes: “PRETTY [Expletive Deleted] TASTY!!”. The Devil’s Trinity gives it a little bit of heat without being overwhelming. I liked the cumin coming through along with the hint of cinnamon that added that little “something” without being obtrusive. I did realize, after the fact, that I forgot the saffron. I really don’t know what I am missing, but I’ll try to remember to add it next time and see what it does.

Now... this is one of those dishes that only gets better sitting in the fridge. IF you want to take an extra day, let it sit in the fridge overnight before heating and serving. Actually, I don’t think you even need to heat it; it works pretty good as a cold salad too!

NOTES

- i. My 7 qt. pot works well for this. So would my 5 ½ quart pot
- ii. They WILL expand
- iii. I am not 100% sure on this part. I may have to tweak this.
- iv. Yes, I know... “They” say you should not rinse mushrooms, but I agree with Andrew Rea who said “Mushrooms are dirty”. Besides, the way we are cooking them, the point is moot.
- v. Make sure your towel is free of lint first
- vi. You’ll probably want to do this over a sink
- vii. Careful when you get to the end!!! If you’re careful, you should be able to get everything but the skin
- viii. If it starts to smoke, reduce your heat

PICTURES

None yet!!!