Warm Chickpeas on Crisp Bread with Garlic Yogurt

4 layered plates of crisp bread, warm chickpeas and cold garlic yogurt · Active 15 min · Total 30 min

Skills: Keeping components separate until serving

Ingredients

- 6 thick slices plain wheat bread, cut into 1-inch/2.5 cm pieces (240 g)
- 2 cans chickpeas, drained and rinsed (480 g drained total)
- 1 1/2 cups plain unsweetened yogurt (360 g)
- 2 garlic cloves, very finely grated or crushed (6 g prepared)
- 1 tablespoon lemon juice (15 ml)
- 3 tablespoons neutral oil (45 ml), divided: 2 tablespoons/30 ml for bread and 1 tablespoon/15 ml for paprika
- 1/2 teaspoon ground cumin (1 g)
- 1 teaspoon mild paprika (2 g)
- 3/4 teaspoon fine salt (4.5 g), divided equally between bread, yogurt and chickpeas
- 1/4 cup water for warming chickpeas (60 ml)

Set out

baking tray, knife and board, mixing bowl, small saucepan, small skillet, measuring spoons, food thermometer

Allergens

wheat, milk. Check labels and substitutions.

Make it

1. Heat the oven to 400°F/200°C. Toss the bread pieces with 30 ml oil and 1/4 teaspoon/1.5 g salt. Spread on the tray and bake for 10–12 minutes, turning once, until dry and crisp through the centers.

2. Mix yogurt, garlic, lemon juice and 1/4 teaspoon/1.5 g salt in the bowl. Keep refrigerated until assembly.

3. Put chickpeas, cumin, the final 1/4 teaspoon/1.5 g salt and the measured 60 ml water in the saucepan. Cover and heat gently for 6–8 minutes until steaming throughout. Drain away any surplus liquid so it will not soak the bread.

4. Warm the final 15 ml oil in the small skillet over low heat. Remove from the heat, stir in paprika and let it infuse for about 20 seconds. Do not let the paprika darken or smoke.

5. Divide crisp bread between 4 plates. Add one-quarter of the warm chickpeas and one-quarter of the cold garlic yogurt to each. Drizzle each with one-quarter of the paprika oil and serve immediately.

All the layers are counted

Each portion includes bread, chickpeas, yogurt and the paprika oil. No extra garnish or purchased dip is needed.

Ingredient labels

Check bread labels for additional allergens such as soy or sesame, and use plain unsweetened yogurt.

A useful detail

The separate temperatures and textures are intentional. Do not turn the finished plate into a simmered yogurt sauce; assemble only the amount that will be eaten immediately.

Keep it well

Store unassembled chickpeas, yogurt sauce and toasted bread in separate covered containers. Refrigerate prepared components within 2 hours, or 1 hour above 90°F/32°C, and use within 3 days at 40°F/4°C or below. Reheat chickpeas to 165°F/74°C, re-crisp bread separately in the oven and keep yogurt cold. Do not plan to store an already assembled plate for crisp texture.