

How to Soak Chickpeas

Benefits of Soaking Chickpeas: It reduces compounds that interfere with absorption, shortens cooking time, and allows for easier digestion

Equipment Needed: large bowl, mixing spoon, water, colander (or straining tool), lemon juice (optional)



Step 1: Wash the Chickpeas

Wash your chickpeas by rinsing them under room temperature water. This helps to remove any dirt.



Step 2: Soak the Chickpeas

To soak your chickpeas add the freshly washed chickpeas to a mixing bowl and add water. Your chickpeas will triple in size. Make sure there is about 3 times as much water as chickpeas.

OPTIONAL: Add lemon juice to the soaking water. The acid in lemon juice will help breakdown the phytic acid, which will allow for better absorption.



Step 3: Let them soak

Let your chickpeas soak for at least 8 hours or overnight.



Step 4: Drain the chickpeas

Drain the chickpeas using a colander. Rinse them with water one more time so they are clean and ready for use.



Step 5: Cook

To cook the soaked beans, add them to a large pot, cover the beans with several inches of water, and bring to a boil. Reduce the heat and simmer for 1.5-2 hours, or until they are tender.



Step 6: Enjoy

Your chickpeas are now ready to eat! Enjoy them with fried rice, roasted with spices, in soup, on a salad, or in curry.