

## Chickpea Cooking Instructions – Slow Cooker

Start cooking at 9:15 AM

1. Measure 2 quarts of chickpeas and rinse them well under running cold water. Scan for pebbles and other foreign objects.
2. Put the chickpeas into the slow cooker with 6 quarts of water and 1 tsp salt. Set the cooker temp to HIGH.
3. Cook for 7 hours. The chickpeas must be totally tender, almost mushy.
4. Transfer the chickpeas with their liquid to a stainless steel insert, pictured below.



5. Allow to cool at room temp until 9 PM.
6. Cover and put in the walk-in overnight.
7. Next day drain them in a colander and give them a quick rinse with cold water.

They are now ready to serve.