

Teaching Points — Roasted Chickpeas, Red Pepper Antipasto & Smoked Paprika Oil Dressing

Infused Oils

- Flavour comes from patience — oil and garlic warmed slowly, paprika blooming gently.
- Adding fresh grated garlic at the end keeps contrast: soft-roast meets bright bite.

Dressing Logic

- Salt dissolved in vinegar prevents raw grains in the dressing.
- Oil + acid + seasoning — the classical balance revisited here in plant form.

Chickpeas

- Roasting cooked beans gives crunch and chew — a textural lift compared with serving them plain.
- Jars vs tins vs dried: jars offer silkiness, tins are serviceable, dried give depth if time allows.
- Roasted chickpeas will hold their crunch if cooled completely before storage.

Peppers

- Gentle roasting or sautéing unlocks sweetness and tender texture.
- Oven roasting (slower, more caramelisation) vs hob (faster, more direct control). Both routes valid, depending on time.

Scaling Up

- Keep beans in a single layer when roasting; crowding leads to steaming, not crisping.
- Dress in wide bowls for larger quantities to prevent breaking the beans.

Colour & Texture

- White beans, red peppers, green parsley, dark bread — a natural harmony of colours.
- Textural contrast: crisp beans, soft peppers, dense rye.

