



Panisses (Chickpea French Fries)

Both crisp and creamy, panisses hail from the South of France. They can be either fried or broiled, after which you can give them the traditional treatment: a light shower of sea salt and pepper plus a squeeze of fresh lemon juice. Alternatively, serve them with your favorite dipping sauce.

Makes 4 servings

Camilla V. Saulsbury



INGREDIENTS

Olive oil for greasing pan, frying, or broiling
 1 cup (120 grams) chickpea flour
 1 teaspoon fine sea salt
 2 cups water
 2 teaspoons olive oil
 Freshly ground black pepper
 Lemon wedges, for serving

PREPARATION

1. Grease the bottom and sides of a 9-inch square baking pan with olive oil.
2. In a medium bowl, whisk the flour and salt together. Whisk in 1 cup of the water and the olive oil until blended and smooth.
3. In a medium saucepan, bring the remaining 1 cup water to a boil. Reduce the heat to medium and whisk in the batter. Cook, stirring constantly, for 2 to 4 minutes, until the batter is very thick. Immediately pour and spread it into the prepared pan; use a spatula dipped in warm water to smooth the top.
4. Cool the mixture to room temperature then place in the refrigerator, loosely covered, for at least 1 hour or for up to 24 hours. Invert it onto a cutting board and cut it into 1/4-inch-wide batons.
5. There are two ways to cook the panisses. To fry them, heat 1/4 inch of olive oil in a large skillet. When the oil is hot (add a small test piece to skillet; it should bubble immediately), add about a third of the fries, taking care not to overcrowd the pan. Cook for 1 to 2 minutes, until the bottoms are golden brown; turn them over with tongs or a spatula and cook for 1 to 2 minutes longer, until deep golden brown. Transfer the fries to a paper towel-lined plate to drain; repeat with the remaining fries, heating more oil in the pan as needed.
6. Alternatively, to broil the panisses, position the broiler rack in the oven 8 inches from the heat source. Grease a large rimmed baking sheet with olive oil and place it on the rack to preheat, 3 minutes. Using an oven mitt (sheet will be very hot), remove the sheet from the oven. Arrange the panisses on the sheet. Broil for 3 to 5 minutes, until golden brown. Remove from the oven and flip the panisses over with a spatula. Broil for 3 to 5 minutes longer, until the other sides are golden brown.
7. Season the panisses with salt and pepper and squeeze the lemon wedges over them. Serve hot.

VARIATIONS

Italian Panelle: Prepare the panisses as directed, but add 2 cloves garlic, minced, to the batter along with the olive oil. Spread the batter into an 8-inch square pan (so that mixture is thicker when firm). Cut the chilled panelle into 16 rectangular pieces and cook as directed (fry or broil).

Panelle Sandwiches: Prepare panelle as directed above but cut the block of chilled batter into 4 equal squares and cook as directed (fry or broil). Serve on gluten-free buns or bread as you would a burger with the topping of your choice.

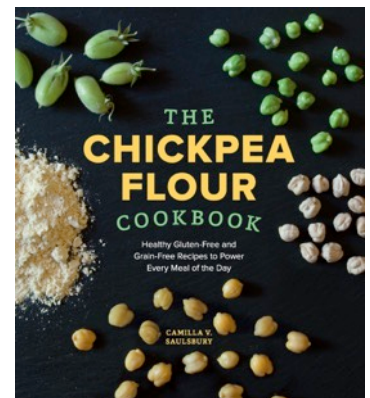
From The Chickpea Flour Cookbook By Camilla V. Saulsbury Lake Isle Press, 2015

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