

CHICKPEA SOCCA

This is a recipe you want to always keep in your back pocket. It is great to make as a weeknight appetizer or lavish enough for when you are entertaining guests, even those who are gluten-free, grain-free, dairy-free, or vegan. It checks a lot of boxes all at once. Most Socca recipes are baked in the oven, but I love cooking the batter on the stove in a non-stick cast iron skillet then finishing it off in the broiler. The center stays moist, and the crust is a bit crispy.

INGREDIENTS

3/4 cup chickpea flour
3/4 cup water, very warm
3/4 teaspoon salt
3/4 teaspoon ground cumin
2 tablespoons olive oil (divided)

MAKES FIVE TO SIX CRÊPES

- 1 In the oven, place the top rack about 6 inches below it. Preheat the broiler.
- 2 In a mixing bowl add chickpea flour, then slowly whisk in warm water to make sure there are no lumps.
- 3 Add ground cumin, salt, and 1 tablespoon of olive oil to the batter and let it sit for 15 minutes.
- 4 Heat a 10-inch non-stick cast iron skillet (make sure that it's non-stick) to high. Add the remaining oil and swirl it around the pan. Add the chickpea batter and swirl it around as well until the pan is evenly covered. Cook for 2 minutes. Transfer the skillet and broil for another 2-3 minutes. Watch carefully after 2 minutes as the Socca cooks quickly.

NOTES

- Make sure that the skillet you are using is non-stick and broiler ready. A cast iron skillet is perfect for this, but make sure yours is non-stick.
- You could eat Socca plain, but it also tastes great with so many things like mashed avocado, harissa rock shrimp, or roasted eggplant dip. You can also broil it with some pears and manchego cheese, add different herbs like rosemary in the batter, or cook some onions in the skillet before adding the chickpea batter.
- This Socca makes a delicious flatbread.