



Panisses

Makes about 40, more or less

I fried my panisses in olive oil in my cast iron skillet, although some might say you'll get a better crust using a more fryer-friendly oil. Mine tasted perfect. I love the flavor that comes from frying them in olive oil, but you're welcome to use whatever oil you prefer.

1 quart (1l) water
2 teaspoons olive oil
3/4 teaspoon coarse salt
2 1/4 cups (285g) chickpea flour
olive oil for frying
coarse salt and freshly-cracked pepper, for serving

1. Lightly oil a 9-inch (23 cm) square cake pan, or similar sized vessel.
2. Heat the water with the oil and salt in a saucepan. Once hot, but not boiling, whisk in the chickpea flour.
3. Whisk over medium heat until the mixture thickens, about three minutes.
4. Switch to a wooden spoon or heatproof spatula, and continue to cook, stirring constantly, for 10 minutes until very thick and the batter holds its shape.
5. Scrape into the oiled pan and let cool.
6. To fry the panisses, unmold the solidified mixture on a cutting board and slice into batons about as wide as your fourth finger and as long as your middle one.
7. In a heavy-duty skillet, heat 1/4-1/2 inch (1-2 cm) of olive oil. When shimmering hot, fry the panisses in batches, not crowding them in the pan. Once the bottom is nicely browned and crisp, turn with tongs, frying the panisses until they are deep-golden brown on each side.
8. Remove from pan and drain on paper towels, sprinkling them very generously with salt and pepper. Don't be stingy with either. Continue frying the rest, heating more oil in the pan as needed.

Panisses are best served warm sprinkled with sea salt and black pepper.