

# Panisse Recipe - A Delicious Provençal Snack

## **Panisse Recipe – A Delicious Provençal Snack**

**Panisse, or chick pea fries, are great for snacking or as a side dish alongside meat or seafood.**

Crisp on the outside, creamy and fluffy on the inside, Panisse can be served plain, with just salt and pepper, or with condiments for dipping, such as aioli. Easily modified to your palate, panisse also tastes great with additional seasonings like herbs (rosemary pairs wonderfully), garlic, cumin or lemon zest.

The panisse mixture can be prepared ahead, cut into almost any shape, then fried just before serving. This recipe can also be scaled up or down.

Time: 45 minutes active, plus resting time

### **Ingredients:**

2 Cups Water

2 Teaspoons Olive Oil (\*optional, but I think it lends a creaminess)

1 Teaspoon Sea Salt

2 Cups and 2 Tablespoons Chickpea Flour (I like Bob's Red Mill)

Oil, for frying (I like olive oil, but a neutral oil works too)

Coarse Sea Salt and freshly ground Pepper, for serving



**Method:**

1. Lightly oil a cookie sheet or baking dish (or line similar with wax paper) and set aside.

2. Heat the water, oil and salt in a saucepan over medium heat. Once hot, but not yet boiling, whisk in the chickpea flour to remove any clumps. Continue whisking until mixture starts to thicken –about two or three minutes.

3. Switch from whisk to a wooden spoon or silicon spatula. Continue stirring, for approximately 7 to 10 minutes, until mixture becomes very thick (but not dry). The batter should hold its shape.
4. Remove from pan heat and pour onto the prepared dish. Allow to cool a bit, then refrigerate for at least an hour, and up to two days. Batter can be covered with wax paper or plastic wrap to prevent a skin from forming.
5. When mixture is chilled and quite firm, remove from dish and slice into desired shape –rectangles, thin batons (like thick french fries), squares or circles.
6. In a heavy-bottomed skillet (I like cast iron), heat 1/4-1/2 inch oil (I like olive oil, but a neutral oil is fine here) over medium-high heat until it begins to shimmer. Add the panisse in small batches, careful not to crowd the pan, and shallow-fry until nicely golden brown and crisp on each side, approximately three minutes per side.
7. Remove from pan and drain on paper towels. Generously sprinkle Panisse with coarse sea salt and fresh-cracked pepper.
8. Panisse is best served warm, though still delicious at room temperature.



Enjoy this classic French Recipe. Our chefs love to make this dish for our guests while they stay at one of our [Provence luxury villas](#).