

## CHICKPEA PANISSE (CHICKPEA FRIES)



Buffalo Ranch burger with Panisse (Chickpea Fries)

## SHOPPING LIST

250 g Chickpea flour  
4 cups Water  
4 Tbps Olive oil  
Salt/ Pepper  
Oil to deep fry

### TERRA SPICE INGREDIENTS:

2 Tbps Terra Spice Moroccan Spice Rub  
Terra Spice Sour Cream and Onion  
or  
Terra Spice Buffalo Ranch  
to sprinkle on.

### ADDITIONAL TIPS & INFORMATION

Panisse is what our chickpea fries are called in Provence, France.

This side dish is cooked chickpea flour made into a "porridge" that when chilled can be cut into a multitude of shapes and deep fried.

It's very simple to make and tastes great!

Traditionally, panisse is seasoned simply with olive oil, salt and pepper. If Terra Spice blends are in your pantry, why not use them? Terra Spice Moroccan blend is a great seasoning to use and at the same time you're continuing the Mediterranean aspect of chickpeas.

Or try our Terra Spice Greek seasoning with feta cheese powder. You would not need to bloom this blend like you will the Moroccan blend. Just add the Greek seasoning to the cooked chickpeas at the end with 2 Tablespoon olive oil.

## CHICKPEA PANISSE PROCEDURES



Bloom the Moroccan Spice Rub in 4 Tablespoons of olive oil. In a large sauce pan, bring 3 cups of water to a boil.



Line a damp baking sheet with plastic wrap. Wetting the sheet pan with water makes the plastic wrap easier to cling to it. You will need at least an 8 x 12 sheet pan for a 3/4 inch thick layer of chickpea porridge.



As soon as the water is boiling, mix the chickpea flour with one cup of cold water. Add the paste to the boiling water while whisking vigorously to avoid lumps. Once the cold water and chickpea flour are combined, the paste has to be added to the boiling water right away. If you let it sit for a minute, it will get very thick and become difficult to incorporate.



Make sure you bring the mix to a boil and cook it for 3 to 4 minutes while continually stirring to avoid burning.



Add the bloomed spice and mix thoroughly, then pour on the lined baking sheet.





## CHICKPEA PANISSE PROCEDURES



You need to create a  $\frac{3}{4}$  inch thick layer on the sheet pan. Shape it as square as possible to avoid waste while cutting. Place in the refrigerator to chill.

Once cold, you can cut them in whatever shape suits you. You can use cookie cutters as well.



Deep-fry at 375 degrees to crisp them up (around 3 minutes)



Making sticks is easier to scoop your favorite dip. Suggestions for dips: Olive tapenade, Curry Mayonnaise (or use our Terra Spice Brittany Kari). Yogurt Buffalo Ranch Dressing sauce or Saffron mayonnaise.

Panisse (chickpea fries) are a fun alternative to French fries.