Panelle - Sicilian Chickpea Fritters

1 Heat the water in a medium sized pot. Slowly pour in the sifted chickpea flour while whisking until you receive a uniform texture without lumps. (Fabrizia adds everything - water, chickpea flour, salt & pepper - at once, but since I almost always end up with lumps when working with chickpea flour, this method works best for me). Season generously with salt and pepper. Using a wooden spoon or spatula stir it over medium heat for a couple of minutes, until the mixture is pretty thick and resembles stiff polenta.

2 Using a spatula or palette knife spread the mixture thinly onto plates (mine were dessert size) - you got to work quickly as it solidifies within minutes. Let stand and cool for at least 15 minutes.

3 Either peel off the round dough crepes after loosing the edges with a knife and cut into wedges or pre- cut the wedges and peel them off individually (starting to peel from the middle, where the dough is rather thick, worked best for me).

4 Heat about 2-3 cm (~ 1 inch) of oil in a large frying pan (I used a wok) until shimmering hot, then fry the Panelle over medium to high heat in various batches, making sure not to overcrowd the pan. Turn them occasionally until they are crisp and have gained an even golden brown color (3-5 minutes).

5 Remove with a slotted spoon and drain on paper towels, then serve while still hot sprinkled with fleur de sel.

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Recipe source: adapted from Fabrizia Lanza

Prep time: ~30 minutes

Ingredients (for 4-6 as a snack):

- 375 g water
- 125 g chickpea flour/ gram flour (sifted)
- fine sea salt
- freshly ground black pepper
- sunflower or olive oil for frying
- serve with: fleur de sel

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