

Bistro Corlise

Chef Jason Logan

Socca with Provence Vegetables:

Chickpea flour – 4.50 oz.

Salt – to taste

Olive oil – 2 Tablespoons

Water- 1.50 cups

Fennel bulb – ½, shaved, salted, rinsed

Eggplant, shallot, lemon, parsley – dice ingredients to make salad

Socca is a chickpea pancake used in the Provence region of France. Typically, it is better to make the batter and let it sit overnight, thus improving its structure. Socca is a wonderful vehicle for parties as hors d'oeuvres, or made larger and used in an entrée application.

-Mix chickpea flour, olive oil, and salt using a whisk. Slowly add water while whisking and mix until smooth and well incorporated. Let rest overnight in refrigerator (you are looking for pancake batter consistency).

-Heat grape seed oil in pan over moderate heat. Add socca and cook as one would a pancake, turning over when the sides slightly brown and the structure allow you to flip it.

-Vegetables-Shave fennel bulb into thin strips. Cut eggplant into thirds horizontally and roast in 300 degree oven until soft. Cool and dice. Small dice shallot. Squeeze fresh lemon juice over shallots in mixing bowl. Add fennel, eggplant, parsley, extra virgin olive oil and mix lightly. Season and serve on top of warm socca.

-Serving size: Socca 20 3 inch diameter circles

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