

Chickpea Fries

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 40 minutes

Step 1: Preparing the Chickpea Fries

- 1 clove garlic
- zest of 1 lemon
- 2 tbsp fresh Italian parsley
- 1 tsp fresh rosemary
- 1 1/4 cups chickpea flour
- 1/2 cup cornmeal
- 3 1/2 cups cold water
- 1 tbsp sea salt*

Line a 13" x 9" -inch baking tray with non-stick aluminium foil (or use a good non-stick tray) and set aside. Note: If you use a tray that is the same height as you want the fries to be, it makes it very easy to spread the mixture out later.

Next, finely grate the garlic and zest the lemon. A microplane works well for both of these ingredients. Next, finely chop the parsley and rosemary and set aside for later.

In a large pot over high heat, combine the chickpea flour, cornmeal, water, garlic and salt. Whisk gently to prevent the ingredients from sticking to the bottom of the pot.

*Note: This may seem like a fair amount of salt, but once the mixture has been chilled, the saltiness mellows out a lot.

Once the mixture begins to thicken and bubble, reduce the heat to medium and switch to a rubber spatula. Stir constantly and scrape the bottom of the pot to prevent scorching. Next, add the parsley, rosemary and lemon zest and continue to cook for about 6 to 8 minutes.

Once done, pour the batter onto the prepared baking tray and quickly spread the mixture out evenly. Cover with plastic wrap and refrigerate for about 4 hours or until completely chilled and set. This can be done a day in advance.

Step 2: Frying and Serving the Chickpea Fries

- olive oil for frying
- lemon wedges for serving (optional)
- Romesco Sauce (optional)

To prepare the fries, first gently flip the tray over onto a cutting board. Cut the mixture lengthwise into equal sections and then cut across into pieces approximately 3" -inches long.

Next, slowly heat approximately 1/2" -inch of olive oil in a large non-stick fry pan over medium heat. Once the oil reaches about 375°F you are ready to start frying. If the oil is not hot enough, the fries will soak up too much oil and potentially start to fall apart, so make sure the oil is at the proper temperature. If you like, you can also gently toss the fries in a bit of cornmeal just before frying for a bit of extra texture and crunch.

Fry the chickpea fries until they are golden brown on all sides, about 2 minutes each side. Once done, remove them from the oil and set onto a cooling rack lined with paper towel. Sprinkle a nice finishing salt and enjoy. These fries go particularly well with a squeeze of fresh lemon juice and a side of Romesco Sauce for dipping.