

Mediterranean-style fried chickpea panisse, green olive tapenade with preserved lemon |

Recipe for 12 tapas



Description

An emblematic garnish from the Mediterranean region, to be enjoyed with gourmandise, practicality and efficiency.

Note

Be careful when cooking Panisses: if they're not sufficiently cooked, they'll fall apart completely in the deep fryer.

Ingredients

Panisse paste

- 500 Ml Cream 35%
- 2 Sprig(s) Rosemary
- 80 Gr Chick peas flour

Green olive tapenade

- 150 Gr Large green pitted olives
- 2 Tbsp Olive oil
- 1 Tbsp Capers
- 1 Tbsp Lemon juice
- 1 Sprig(s) Thyme
- 1 Clove(s) Garlic
- 5 Sprig(s) Chopped parsley
- 15 Gr Preserve lemon

Preparation

- Preparation time **60 mins**
- Preheat your **Deep fryer** at **375 F°**
- Resting time **30 mins**

Setting up

Finely chop the preserved lemon, peel and coarsely chop the garlic.
Remove the leaves from the parsley and thyme and chop coarsely.
Sift the chickpea flour and prepare a baking tray lined with cling film.

Panisse

In a saucepan, heat half the cream with the rosemary sprigs.

Once boiling, remove from the heat, cover the pan and leave to infuse for five minutes. Remove the rosemary and add the other half of the cold cream.

Wait until the cream is lukewarm, then remove from the heat and add the chickpea flour in a stream, whisking it into the mixture.

Once the flour has been incorporated, return to the heat to cook. Whisk continuously as the mixture thickens (like polenta or pastry).

Once the fats have separated, remove the pan from the heat and pour the mixture into the baking tray.

Place in the fridge and let the mixture set, then unmold the Panisse mass and cut into sticks.

Deep fryer

Place the sticks in the basket of the deep fryer, making sure they are well colored.

If required, you can place them in a hot oven before serving.

Tapenade

Place all your ingredients (without preserved lemon) in a food processor and blend until smooth and creamy.

smooth texture. Taste, season with pepper and set aside.

Add the finely chopped preserved lemon.

Bon appétit!