

Socca: a classic French Vegan + Gluten Free Flatbread

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1 cup chic pea or garbanzo bean flour (Besan flour in Indian groceries)
1 cup lukewarm water
4 Tablespoons olive oil
½ teaspoon sea salt
fresh ground pepper
3 Tablespoons fresh minced rosemary, thyme, chives or other herbs

9 to 12 inch round oven-proof skillet or Socca or crepe pan.

Sift the flour through a fine sieve into a mixing bowl. Slowly add the water while whisking out any lumps. If the batter is still lumpy, strain it through the fine sieve another time. The batter needs to be smooth.

Whisk in the salt, pepper and 2 Tablespoons of olive oil. Set the batter aside to rest while you preheat the oven, or up to several hours.

Set rack as close to the top of the oven as will accommodate your pan. Preheat the oven to 450 degrees. When the oven is preheated, set the pan inside to heat, about 3 minutes.

Stir the fresh herbs into the batter. Remove the pan from the oven and swirl in 2 Tablespoons of olive oil. Coat the pan well. Pour in the batter and swirl it around to coat the pan.

Bake the socca for about 7 minutes, until it is well set and then turn the oven to broil. Broil for 2 to 3 minutes until a brown crust forms on the top.

Carefully remove from the oven. Slide a thin spatula around the edges to loosen and then underneath the bread and slide onto a cutting board. Cut into triangles and serve immediately.