Chickpea Pancake and Vegetables red Caponata



Preparation time: 45 min
Difficulty: Medium

Ingredients

- Champignon mushrooms: 3,5 oz
- Chickpea Flour: 9 oz
- Corn seed oil: 3 tablespoons
- Eggplants: 3,5 oz
- Extra Virgin Olive oil (EVO): as required
- Extra Virgin olive Oil (EVO): 4 tablespoons
- Pepper: to taste
- Pepper: to taste
- Peppers: 3,5 oz
- Salt: 1 pinch
- Salt: to taste
- Water: 3 cups
- Zucchini: 3,5 oz

Preparation

Pour the chickpea flour in a bowl and gradually incorporate water.
Blend with a whisk (avoiding lumps) until you obtain a liquid, velvet batter and remove the froth with a skimmer.
Let it rest at room temperature for 6/8 hours, often stirring and removing the froth; after 4 hours add EVO oil and blend again. After 8 hours the batter is ready to be cooked so season to taste.
Pre-heat the oven at 200°, grease a shallow oven- tray with 3 spoons of corn seed oil and pour the mixture in it. Bake for about 25 minutes. Once golden and crunchy on its surface, the chickpea Pancake is ready.

To prepare the Vegetables Red Caponata dice the vegetables and cook them separately. Once ready, place them together in a casserole with salt and pepper as desired.
Add **Pomì chopped tomatoes** and cook over medium heat until it turns to a nice dark-red colour. Season to taste. Serve the Caponata together with square-cut chickpea Pancakes.

For this recipe we used:

None 7,05 oz

