



## Sicilian Panelli (Chickpea Fritters)

### INGREDIENTS:

- 1 cup chickpea flour
- 3 cups water
- 2 tbsp fresh Italian parsley
- 1 tbsp salt
- 4 cups vegetable oil

### RECIPE INSTRUCTIONS:

1. Combine 1 cup of chickpea flour and 1 tbsp of salt with 3 cups of flour, then whisk until evenly mixed.
2. Finely chop the parsley and set aside.
3. Add chickpea flour and water to a pot and cook over medium heat, whisking constantly until the mixture becomes smooth and thick (approximately 10-15 minutes).
4. Take off heat and mix in chopped parsley.
5. Pour thickened chickpea mixture onto a parchment-lined baking sheet and smooth with a spatula.
6. Cool in the fridge until set (approximately 1 hour).
7. Once the chickpea mixture is set, slice the fritters into squares about the size of your palm.
8. From there, cut in half into triangles. Heat the oil in a shallow pan on the stove to approximately 175°C (~350°F).
9. Shallow fry the triangle fritters in oil, flipping once golden brown, approximately 1 minute per side. Drain and cool on paper towels, then sprinkle with some flaky salt while still warm.
10. Enjoy hot or at room temperature. Can be enjoyed on its own or on a crusty sesame bun with lemon squeezed over the top for a real Sicilian treat!

