

Socca Flatbread

4 ingredients · 1 hour 10 minutes · 3 servings



Directions

1. In a mixing bowl whisk the chickpea flour, water, two thirds of the oil and salt together until smooth. Let the batter sit for 1 hour.
2. About 10 minutes before the batter is done resting, preheat the oven to 450°F (232°C) and place a 10-inch cast iron pan inside the warming oven.
3. Remove the pan from the oven and turn the broiler to high. Add the remaining oil into the pan and swirl to coat. Pour the batter into the pan and place under the broiler for 5 to 7 minutes or until the edges have browned and the top of the flatbread is firm.
4. Carefully remove the socca from the pan, slice and serve immediately. Enjoy!

Notes

Leftovers

Store leftover socca in the fridge for up to three days. Reheat in the oven or toaster until just warmed through and crisp.

Serving Size

One serving is approximately two pieces of socca, or about 1/3 of the flatbread when cooked in a 10-inch pan.

More Flavor

Add dried herbs and spices to the batter, like Italian seasoning, dried oregano, garlic powder or onion powder.

Ingredients

- 1 cup Chickpea Flour
- 1 cup Water
- 1 1/2 tbsps Avocado Oil (divided)
- 1/4 tsp Sea Salt