

Little chickpea fritters *(Fast food)*



Preparation

Chickpea flour fritters (from western Sicily). Mix the chickpea flour into moderately salted water on a low heat, stirring with a wooden spoon always in the same direction, until you get a smooth paste without lumps. When the dough comes away from the side of the pan, transfer it to a pastry board of oiled wood or marble, and roll it out until it is about half a centimetre in height. As soon as the dough cools, cut into strips or squares: these are fried in hot oil or lard. The Palermo eat 'panelle' - that is, these fried chickpea fritters - still hot, inside freshly baked bread, cut in half, with a few drops of lemon juice and salt. Sometimes, mixed in with the chickpea flour will be chopped parsley. It's a popular speciality similar to Ligurian 'panissa' or certain Tunisian 'fritters'.

Tips

You must be quick when rolling out the dough mixture on the pastry board, or on to a sheet of lightly oiled baking parchment, because the dough tends to dry out quickly preventing it from being spread thinly enough.

Trivia

It seems that these fritters were invented by the Arabs who, as they ground their chickpeas, a legume from the East, first discovered chickpea flour and then a method of frying them. The fritters were first shaped by special moulds of wood that bore an embossed floral symbol or logo that was to indicate the 'fritter-maker' who had made them. Another little curiosity about the fritters: they used to be eaten - and still can be - in a specific bread roll, the 'Mafalda'.

Information

Preparation 20 minutes

Total Time 10 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Chickpea flour 400 grams

Groundnut oil (Or lard)

Salt

Parsley (Chopped (optional))

Lemon (A few drops of lemon juice)

Pepper