Chickpea Flour Rounds with Olive-Pepper Relish

2 skillet rounds with relish · Active 30 min · Total 1 hr 10 min

Skills: Confident beginner

Ingredients

- 1 cup chickpea flour, sifted if lumpy (120 g)
- 1 cup drinking-quality water (240 ml)
- 1 tablespoon plus 1 teaspoon olive oil (20 ml), divided
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon ground cumin (0.5 g)
- 3/4 cup jarred roasted red peppers, drained, blotted and finely diced (100 g)
- 1/3 cup pitted green olives, drained and finely chopped (40 g)
- 1 tablespoon lemon juice (15 ml)
- 2 tablespoons chopped parsley (8 g)

Set out

9-inch (23 cm) nonstick skillet with a lid, Mixing bowl and whisk, Measuring jug, Broad thin spatula, Plate for turning or serving, Knife and board, Clean towel, Small bowl for the relish

Allergens

Chickpeas are legumes; check flour and jar labels for any declared allergens or cross-contact. Check labels and substitutions.

Make it

1. Whisk chickpea flour with the water, 2 teaspoons (10 ml) of the oil, salt and cumin until smooth. Scrape down the bowl and rest at room temperature for 20 minutes. Do not taste raw flour batter.

2. Mix the drained peppers, olives, lemon juice and parsley in a small bowl. Keep this relish separate from the batter.

3. Heat the skillet over medium heat for 1 minute, then add 1 teaspoon (5 ml) of the remaining oil. Whisk the batter again, measure half into the pan and tilt gently to make an even round. Reduce to medium-low, cover and cook for 6–8 minutes until the top is mostly matte and the underside releases and is golden. Adjust the heat to avoid scorching.

4. Slide the broad spatula well underneath and turn carefully, using a plate if necessary. Cook uncovered for 4–5 minutes until browned in spots and fully cooked through. Cut a small central slit to check there is no wet or floury paste. If needed, cover over low heat for another 1–2 minutes; color alone does not establish doneness. Transfer to a clean plate and cover loosely with the towel.

5. Cook the second half in the remaining 1 teaspoon (5 ml) oil in the same way. Serve one round per person with half the pepper-olive relish. Eat promptly.

Let the batter rest before lighting the stove

The resting interval needs a bowl and a clear counter, not a working burner. Make the relish and check the pan fit during that interval, then cook the two rounds consecutively.

Timing

Includes the 20-minute batter rest; make the relish during that rest. The two rounds cook consecutively.

A useful detail

Use plain chickpea flour, sometimes labeled gram flour, rather than a seasoned instant pancake mix. Chickpea flours vary; the stated cooking time and a fully set, non-pasty center both matter.

Keep it well

Best eaten freshly cooked. Refrigerate any round and relish separately within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 2 days. Reheat cooked rounds to 165°F/74°C throughout in suitable equipment; keep the relish cold. Do not save raw batter at room temperature for a later meal.