



Socca with Spicy Flower Salad

Socca is a thin, nutty flatbread made from chickpea flour and traditionally prepared in a wood-fired oven in large, flat pans. It is typical street food from Nice, and it is also eaten in Genoa where it is called farinata

YOU WILL NEED

For the socca

250 g chickpea flour*
1 heaped teaspoon salt
500 ml lukewarm water
6 tablespoons olive oil
2 tablespoons finely chopped fresh rosemary sprigs
*enough for 2 to 3 pieces

For the flower salad

100 grams mesclun or another mixed leaf salad
small handful of Thai basil leaves
small handful of mint leaves, finely chopped
small handful of (purple) basil leaves
couple of sprigs of chervil
a handful of edible flowers (such as nasturtium, marigolds, violets, cornflowers)
juice of 1/2 lemon
3 tablespoons of mild olive oil
fleur de sel, to sprinkle on top
freshly ground black pepper

HOW TO MAKE IT

Put the chickpea flour in a bowl. Add the salt and 500 ml of lukewarm water, and whisk together to a smooth batter. Stir in two tablespoons of olive oil, cover with cling film and leave to rest at room temperature for at least 2 hours. If necessary remove any film that may have formed on top of the batter with a spoon, and stir the batter again.

Preheat the oven to 230 degrees. Add a good splash of olive oil to a large frying pan, put it in the oven until it is very hot. Remove the pan from the oven (use oven gloves!), pour a thin layer of batter into the pan and tip the pan so that the mixture spreads out evenly. Sprinkle with rosemary. Bake for 20 – 25 minutes. The edges should be crisp and a golden brown colour. Repeat for the second socca (and maybe even a third depending on the size of the pan).

Mix the dry ingredients to make a light salad and place on top of the socca. Mix the lemon juice and the olive oil and drizzle over the salad. Sprinkle with fleur de sel and plenty of freshly ground pepper.

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