



## **PANELLE (Sicilian chickpea flour fritters) & AFFOGATO (Gelato “drowned” in coffee)**

### **ABOUT VIRTUAL CLASSES - Please Read First!**

- Below you'll find a shopping list as well as the recipes. We highly recommend reading over the recipes prior to the class.
- **Please have all ingredients washed and pre-measured and equipment ready so we can get started right away.**
- Remember, when it comes to Zoom, the bigger the screen, the better the experience.
- If you won't have all of the ingredients listed in the shopping list by the time of your scheduled class, **DON'T PANIC & DON'T RUN TO THE STORE!** We'll figure out a way to improvise with what you **DO** have in your pantry & fridge!
- Don't feel like cooking along? No problem! Feel free to watch, take notes and ask questions so you can prepare the dishes at your leisure.

## INGREDIENT/SHOPPING LISTS

### *Ingredients for the panelle - Please note this recipe is quite easily doubled*

- 1 cup chickpea flour
- 1 and 3/4 cups cold water
- A few grindings of freshly ground black pepper
- ½ tsp salt
- *Optional: 1 tablespoon finely chopped fresh parsley, plus more for garnish*
- Olive oil, for frying

### *Serving Suggestions:*

- If you wish to make a sandwich (as is typical in Palermo), serve on a soft sesame seeded roll
- If serving as part of an aperitivo spread, serve panelle with olives, sun-dried tomatoes, roasted peppers, sott'oli (preserved vegetables), grilled eggplant, caciocavallo, ricotta salata, primosale or other Sicilian cheeses, cured meats such as prosciutto or sopressata, bruschetta topped with seasonal vegetables, etc.
- Wines - delicious with a glass of Italian sparkling wine such as Franciacorta or Prosecco. If seeking a Sicilian wine, try a white wine such as Catarratto, Grillo or Inzolia with your aperitivo.

## SUGGESTED EQUIPMENT

- Small saucepan
- Whisk
- Rubber or silicone spatula
- 1 baking sheet
- OPTIONAL: rolling pin
- Parchment or wax paper
- Skillet for frying

### *Ingredients for the affogato (we'll prepare at the end of our program):*

- Hot, freshly brewed espresso coffee (made in a Moka or espresso machine)
- Vanilla or hazelnut gelato

## RECIPE - Panelle

### Serves 2-3

- 1 cup chickpea flour
- 1 and 3/4 cups cold water
- A few grindings of freshly ground black pepper
- ½ tsp salt
- *Optional: 1 tablespoon finely chopped fresh parsley, plus more for garnish*
- Olive oil, for frying

Add the chickpea flour, salt, pepper and water to a medium saucepan set over medium heat and whisk until smooth. Cook, stirring constantly with a wooden spoon, until the mixture is very thick (almost like polenta) and pulling away from the sides of the pan when stirred; this should take around 5 minutes at most. (Stir in the parsley if using.)

Wet the back of a rimmed baking sheet with water and pour the mixture smoothly and evenly over it, spreading out with a silicone spatula. Cover with parchment and press down with your hands or a rolling pin to even out into a 1/8 inch thick layer. Let cool until firm.

Heat 1/2 inch olive oil in a heavy-bottomed high-sided skillet or Dutch oven until hot.

Cut the panelle into small triangles or thin strips. Fry in batches until lightly golden, about 2 minutes per side. Drain on a sheet tray lined with paper towels. Season with a touch more salt and garnish with a sprinkling of chopped parsley. Serve immediately.

## RECIPE - Affogato (Gelato “Drowned” in Espresso)

- 1 scoop vanilla (or hazelnut) gelato
- ¼ cup hot freshly-brewed espresso

Scoop the gelato into a serving bowl, glass, or coffee cup. Pour the hot espresso over the gelato and serve immediately.

*\*Please note you may also add a dash of flavored liqueur such as Frangelico, Amaretto or Nocino to your affogato. Simply stir the espresso and liqueur together prior to pouring over the gelato.*