

Panelle Fries

Makes: 50 servings

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Ingredients	Weight	Measure
Garbanzo and/or fava flour	4 #9 oz	
Water		3 gal
Garlic powder		3 tsp
Salt		3 tsp
Canola or olive oil		1/2 cup



Directions

1. Combine water and garlic powder, bring to a simmer.
2. Add flour to simmering water, whisk until incorporated.
3. Continue stirring for 12 minutes; caution not to scorch flour.
4. After 12 minutes, puree until smooth with an immersion blender. Add salt
5. Lightly coat flat sheet pan lined with pan liner and spray with nonstick spray.
6. Spread mixture on sheet pan and cool.
7. Cut into batons (French fry shape) when cool.
8. Brush the top with Canola/olive oil and bake at 425 degrees F for 11 minutes until crispy and golden brown.

Notes

Serving Tips:

This is a side dish of a panelle fries that is soon to replace the traditional french fry. It is a savory and crunchy side that will accompany any dish.

