

Chickpea Frittata (Omelette)

Serves 2 to 4.

1 cup chickpea flour

2 cups water

(rule: 1:2 ratio of chickpea flour to water)

Salt and Pepper

Finely sliced and separated onion slices

Half cup of cooked sliced cauliflower and/or broccoli

First whisk together (I used a balloon whisk) the chickpea flour and the water in a bowl. Keep whisking until all the flour has been incorporated and there are no lumps. Add a pinch of salt and pepper. The mixture starts to resemble fluffy beaten eggs. Place it aside.

In a pan (I used non stick) place the sliced onions and a splash of water. Cook over medium heat until the onions have softened. Then add a splash of olive oil and sauté the onions for about 2 to 3 minutes. Add the vegetables to the onions and give them a quick heating through.

Whisk the chickpea mixture just to incorporate it again and slowly pour the mixture over the onions. Sprinkle a pinch of salt and a grinding of pepper onto the mixture. Treat the mixture as you would an egg omelette. After a while pull the sides away with a spatula and tilt the pan so that the mixture runs into the sides. Watch and make sure the frittata does not burn. Loosen the edges and shake the pan to ensure the frittata is loose. Once cooked on the underside, slide the frittata onto a dinner plate. Then, carefully place the pan upside down onto the dinner plate and frittata so that the uncooked side will be at the bottom of the pan. Quickly (but carefully so you don't burn) turn the pan over with the plate at the top so that the frittata pops into the pan. Cook the uncooked side until golden.

Slip the frittata onto a plate or wooden board to cut into wedges and serve.

Enjoy !

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