Breakfast, Mediterranean

Chickpea Pancake with Poached Eggs and Basil

A golden chickpea pancake broiled until browned at the edges and cut into wedges, then topped with soft poached eggs, fire roasted tomatoes, and plenty of fresh basil.



Vegetarian | Dairy free | Nut free

765 min	170	15 g	1 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 1 cup chickpea flour
- [ ] 1/2 tsp cumin
- [ ] 1/4 tsp fine sea salt
- [ ] 1 cup warm water
- [ ] 2 tbsp extra virgin olive oil (divided)
- [ ] 1 tbsp white wine vinegar
- [ ] 8 large eggs
- [ ] 1 cup fire-roasted tomatoes
- [ ] 1 cup fresh basil (chopped)
- [ ] 1/4 tsp freshly ground black pepper

Nutrition Facts

Per serving

Calories	**170**
Total fat	9 g
Saturated fat	2 g
Sodium	220 mg
Total carbs	15 g
Fiber	3 g
Total sugars	1 g
Protein	9 g

Method

- [ ] **1** Set a 10 inch cast iron skillet about 12 inches from the heating element and turn the oven to broil.
- [ ] **2** Whisk the chickpea flour, cumin, and fine sea salt in a small bowl. Stream in the warm water while whisking until no lumps remain, then stir in 1 tablespoon of the Extra Virgin Olive Oil. Cover and rest the batter at least 15 minutes, or refrigerate up to 12 hours, until it is the consistency of thin pancake batter.
- [ ] **3** Carefully pull the hot skillet from the oven and add the remaining 1 tablespoon of Extra Virgin Olive Oil. Pour in the rested batter and broil 8-10 minutes, until the edges of the socca brown and the center sets.
- [ ] **4** While the socca broils, rest a metal strainer in the bottom of a large pot, fill the pot 2/3 full of water, and pour in the white wine vinegar. Crack each of the large eggs into a small bowl. Bring the water to a simmer over medium high heat, then stir with a long spoon in a wide circular motion to make a whirlpool and slide in the eggs one at a time. Poach without stirring 4-6 minutes, until the whites are set and the yolks are no longer runny, then lift the strainer with the eggs out of the water.
- [ ] **5** Cut the socca into 8 wedges and set one on each of 8 plates. Top each wedge with a poached egg, 2 tablespoons of fire roasted tomatoes, and 2 tablespoons of chopped fresh basil. Finish each serving with freshly ground black pepper.

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