

## **CHICKPEA PANISSE** **Cinderella's Royal Table** **Magic Kingdom® Park**

Serves 6

### **Crispy Chickpea Panisse**

8 cups vegetable stock  
2 1/2 cups chickpea flour  
1/4 cup lemon juice  
1 tablespoon coarse salt  
1 tablespoon chopped fresh parsley  
1 tablespoon chopped fresh chives  
1/2 teaspoon fresh thyme leaves  
Canola oil, for frying

### **Tomato Jam**

1 cup canned diced tomatoes  
1 1/2 tablespoons brown sugar  
2 teaspoons balsamic vinegar  
1/4 teaspoon crushed red pepper  
1/2 teaspoon coarse salt  
1/4 teaspoon ground black pepper

### **Roasted Carrots**

12 carrots, peeled  
1/4 cup canola oil  
2 teaspoons coarse salt  
1/2 teaspoon ground black pepper

*Always use caution when handling sharp objects and hot contents.  
Please supervise children who are helping or nearby.*

*This recipe has been converted from a larger quantity in the restaurant kitchens.  
The flavor profile may vary from the restaurant's version.*

## **Chermoula Chickpeas**

- 1/2 teaspoon smoked paprika
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 2 tablespoons fresh lemon juice
- 1/4 cup extra virgin olive oil
- 1/4 cup canola oil
- 1 clove garlic
- 1/8 teaspoon crushed red pepper
- 1/2 cup packed parsley leaves
- 1/2 cup packed fresh cilantro leaves
- 1/4 cup fresh mint leaves
- 1 cup rinsed, drained garbanzo beans

## **Chive Powder**

- 1/4 cup canola oil
- 2 tablespoons chopped fresh chives
- 1/4 cup tapioca maltodextrin
- 1 teaspoon coarse salt

## **For Chickpea Panisse:**

1. Bring vegetable stock to boil in large stockpot over high heat. Slowly add chickpea flour and blend with an immersion blender until smooth.
2. Reduce heat to medium low and cook, blending occasionally, until chickpea mixture resembles a custard-like texture.
3. Blend in lemon juice, salt, parsley, thyme, and chives.
4. Pour into 9" x 13" pan. Cover with plastic wrap, pressing onto the top of chickpea mixture.
5. Refrigerate for 4 hours, until firm.
6. Cut into 12 squares. Place on paper towels and refrigerate until ready to fry.
7. Heat oil to 350°F in Dutch oven. Carefully drop chickpea panisse into hot oil and fry for 3 to 4 minutes, until golden brown and crispy.
8. Drain on paper towels.
9. Keep warm until ready to serve.

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**For Roasted Carrots:**

1. Preheat oven to 400°F.
2. Toss carrots in oil, salt, and pepper and place on baking sheet.
3. Bake for 10 to 15 minutes, until desired doneness.

**For Chermoula Chickpeas:**

1. Place paprika, coriander, cumin, lemon juice, olive oil, canola oil, garlic, red pepper flakes, salt, parsley, cilantro, and mint in blender and blend until smooth.
2. Fold in chickpeas and set aside until ready to serve.

**For Chive Powder:**

1. Place canola oil in freezer for 30 minutes.
2. Fill small saucepan with water and bring to boil. Prepare an ice bath. Drop chives into boiling water for 5 seconds, then immediately place in ice bath.
3. Remove all moisture from chives using paper towels.
4. Place chives in food processor and drizzle in canola oil, blending until smooth. Strain through fine mesh sieve. Add salt.
5. Pour chive oil back into food processor and blend with tapioca maltodextrin.

**To Serve:**

Place 2 to 3 chickpea panisse onto the center of each plate. Lay 2 carrots across each center. Place 1 tablespoon of tomato jam on top of each panisse. Surround each panisse with chermoula chickpeas and chive powder.

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