Guest Blog Recipe

Chickpea Flatbread with Asparagus, Potato & Rosemary

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Flat breads are as versatile as they are wholesome and delicious. They’re essentially blank canvases—soapboxes upon which veggies can stand tall and sing the praises of the season. They make great finger food for appetizers or indeed even complete meals. With this recipe, we decided to experiment with chickpea flour for the bread’s foundation. Chickpea flour is produced by simply milling raw chickpeas and is common in Indian and Middle-Eastern cuisine. Because it’s essentially just chickpeas, it contains all the health virtues contained in this much-loved legume; it’s high in protein, more nutrient dense than wheat flour and, of course, contains no gluten. Above all, it’s deeply flavorful.

As for the vegetables on this dish, we chose to highlight asparagus, a much anticipated spring crop that you can look forward to in you first summer CSA! We chose to accompany the asparagus with black olives, red onion, yukon gold potatoes, ricotta and rosemary. You can use this as a launching pad, or adorn your flat bread with toppings of your own.

Chickpea Flat Bread:
Prep time: 30 minutes
Cook time: 45 minutes

Ingredients:
• 2 cups chickpea flour, plus extra for dusting
• ¼ cup water
• 1 tsp baking powder
• 1 tsp salt
• 2 Tbl olive oil
• 4 cloves garlic
• 1 Yukon gold potato
• 1/4 cup julienned red onion
• 1/4 cup black olives, thinly sliced
• 3 pieces of asparagus, thinly sliced
• ½ cup ricotta cheese
• 1 sprig rosemary

Directions:
• Preheat oven to 350F. Toss garlic cloves in olive oil and salt. Place in a ceramic ramekin or small baking dish and cover with foil. Roast in the oven for about 30 minutes or until the cloves are soft and golden brown. Mash the cloves up with a fork and reserve for spreading on the flat breads.
• While the garlic is roasting, whisk together the chickpea flour, baking powder and salt in a small mixing bowl. Work in olive oil with your hand until it is evenly distributed and small “crumbs” form in the flour mixture.
• Using your hands, knead in the water gradually, a few drops at a time until the dough ball begins to form. You may not need to use all the water. The dough should be very pliable and just a little sticky. Cover and set aside for 10 minutes to allow the flour time to hydrate.
• Meanwhile, chop the onions, olives and asparagus. Use a mandolin to thin-slice the potatoes to about an 1/8 inch thickness. Submerge them in water to prevent them from oxidizing and turning brown.
• Next split the dough into two equally sized balls. Line a flat surface with parchment paper and dust it with chickpea flour. Transfer one dough ball to the floured parchment and roll into a thin 10 or 12 inch disk using a rolling pin. Repeat with the second ball on a separate sheet of parchment.
• Transfer the flat breads (still on the parchment) to two medium-size sheet trays and drizzle with olive oil. Spread the roasted garlic mash across the surface then shingle the potatoes evenly around the flat bread. Season with salt and pepper and bake for about 20 minutes to cook the potatoes.
• Remove from oven and spoon on dollops of ricotta. Spread the asparagus, olives, onions and rosemary neatly across the bread. Drizzle again with olive oil and bake for another 10-15 minutes.