



# Socca Flatbread



- ♥ 1 cup of chickpea flour
- ♥ 1 cup of water
- ♥ ½ tbsp. cumin
- ♥ ½ tsp. Salt
- ♥ ¼ tsp. Black Pepper
- ♥ ¼ tsp. olive oil

1. Whisk all ingredients together to a smooth batter with no chickpea clumps.
2. Pre-heat oven to 375 degrees.
3. Meanwhile, on the stove warm ¾ tbsp. of olive oil in a flat cast-iron pan.
4. When the pan is hot, pour in the entire mix.
5. Cook on the stove until the bottom is golden and the top has big bubbles and is starting to get dry (medium hit - about 5 min.)
6. Move the cast iron pan to the preheated oven.
7. Bake until the top is dry but the middle is soft (5-7 min.)
8. Broil until golden brown on top. Watch carefully not to burn.

Voilà! Enjoy while warm.

Ella Hirsh  
INHC, IMT, NCTMB

InnerMederi

Tel: 520-243-3833  
email: [ella@innermederi.com](mailto:ella@innermederi.com)