

RECIPE



PANISSE

1 Lbs + 1 5/8 Ounce	water
1 Lbs + 1 5/8 Ounce	veggie stock
1 Tablespoon	extra virgin olive oil
1/2 Ounce	Salt
1/6 Ounce	ground fennel seed
12 1/3 Ounce	chickpea flour
2 Each	lemon, zested

Method:

1. Blend 1/2 the liquid and all of the flour and blend in a vitaprep. 2. Add the other half of the liquid plus the evoo and whisk into the batter. 3. Cook, stirring often so as to have no lumps. 4. Pour into sheet tray, level and evenly zest with lemon. 5. Cover with parchment and chill overnight.

Yield: 1 1 EA Servings

Allergens:

☐ Eggs ☐ Fish ☐ Milk ☐ Peanuts
☐ Shellfish ☐ Soy ☐ Tree nuts ☐ Wheat
☐ Sesame seeds ☐ Sulfites

Intolerances:

☐ Gluten ☐ Lactose ☐ Yeast



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