



PANISSES (CHICKPEA FRIES)

Active Time: 45 min.

Total Time: 2 hours 45 min.

Makes 24 panisses GF V 🌱

Traditionally, *panisses* are eaten with just a sprinkling of salt and pepper, but feel free to serve them with your favorite dipping sauce. Chickpea flour (also known as gram or garbanzo-bean flour) can be found in the natural foods section or with alternative flours.

Make-Ahead: This recipe can be made through Step 2 and refrigerated for up to 2 days.

- 2 cups chickpea flour
- Salt and pepper
- 4 ¼ cups water
- 1 Tbsp. extra-virgin olive oil
- 1 ¼ cups vegetable oil

1. Grease a 9x13" baking dish. Mix chickpea flour and salt in a large bowl and whisk in water and oil in a steady stream until smooth. Transfer mixture to a large saucepan and cook over medium heat, whisking constantly, until mixture is very thick and begins to come away from the bottom of the pan when stirred, 12 to 15 minutes.
2. Scrape mixture into the prepared baking dish, smooth top, and let sit until firm and sliceable, about 2 hours.
3. Invert solidified chickpea mixture onto a cutting board and cut into quarters. Cut each quarter crosswise into 6 equal pieces and pat dry with a paper towel.
4. Pour vegetable oil into a large skillet until it measures ¼" deep and heat over medium-high heat until oil reaches 375°. Working in batches of 6, fry pieces until deep golden brown, 3 to 5 minutes per side, adjusting heat as needed to maintain oil temperature. Transfer to a paper-towel-lined baking sheet and season well with salt and pepper.
5. Repeat with remaining pieces, adding more oil to the skillet as needed. Let cool slightly before serving.

Per 3 Panisses: 170 Cal; 10g Fat (1g Sat Fat); 0mg Chol; 260mg Sodium; 13g Carb; 2g Fiber; 5g Protein

NIÇOISE-STYLE SALAD

Active Time: 45 min.

Total Time: 1 hour 15 min.

Serves 6 to 8 GF

You can reuse the leftover oil from the *panisses* recipe to fry the capers in Step 4. Pitted Kalamata olives can be substituted for the niçoise olives.

Make-Ahead: The fried capers can be made up to 2 days in advance. The green beans can be cooked ahead and refrigerated for up to 2 days.

VINAIGRETTE:

- ¼ cup extra-virgin olive oil
- 1 Tbsp. lemon juice
- 3 anchovy fillets, minced (optional)
- 2 tsp. Dijon mustard
- 1 tsp. mayonnaise
- 1 garlic clove, minced

SALAD:

- Salt and pepper
- 1 lb. French green beans (haricots verts)
- 1 pint cherry tomatoes, halved
- 8 radishes, sliced thin
- ¾ cup pitted niçoise olives
- ½ small red onion, sliced thin
- ¼ cup vegetable oil
- ¼ cup capers, rinsed and patted dry
- 6 oz. spring lettuce mix
- ½ cup fresh basil leaves, torn
- 4 hard-boiled eggs, quartered
- 6 whole anchovy fillets (optional)

1. For the vinaigrette: Whisk all ingredients in a bowl until smooth and set aside.

2. For the salad: Bring a large saucepan of salted water to a boil. Add green beans and cook until just tender, about 3 minutes. Transfer beans to a bowl of ice water to cool, then drain and pat dry.

3. Combine green beans, tomatoes, radishes, olives, onion, and ¼ cup vinaigrette in a large bowl and toss to coat. Season with salt and pepper to taste and let sit for 30 minutes, stirring once halfway through.

4. Meanwhile, heat vegetable oil in a small skillet over medium-high heat until just smoking. Add capers and cook, stirring occasionally, until golden brown and popped open, 1 to 3 minutes. Using a slotted spoon, transfer capers to a paper-towel-lined plate.

5. To serve, toss lettuce with remaining vinaigrette and transfer to a platter. Add basil to green bean mixture and spread evenly over lettuce. Arrange eggs and anchovy fillets (if using) over salad and sprinkle with fried capers.

Per Serving (for 8): 200 Cal; 15g Fat (2.5g Sat Fat); 95mg Chol; 560mg Sodium; 11g Carb; 3g Fiber; 6g Protein

PROVENÇAL POTATO GRATIN

Active Time: 1 hour

Total Time: 2 hours 30 min.

Serves 6 to 8 V

Using an adjustable mandoline is the best way to slice the potatoes and zucchini to an even thickness.

- 2 lb. Yukon gold potatoes, peeled and sliced ¼" thick
- ½ cup extra-virgin olive oil
- 3 Tbsp. capers, chopped
- 1 ½ tsp. minced fresh thyme
- 1 tsp. minced fresh rosemary
- Salt and pepper
- 3 onions, halved and sliced thin
- 1 tsp. sugar
- 3 garlic cloves, minced
- ¼ cup dry vermouth or white wine
- 1 (12-oz.) jar roasted red peppers, drained and chopped
- 3 zucchini (about 1 lb.), sliced into ¼" rounds
- 1 cup grated Parmesan cheese
- ⅓ cup panko breadcrumbs
- 1 Tbsp. lemon zest

FOR SERVING:

- ½ cup minced fresh parsley
- 2 lemons, quartered

1. Heat oven to 400°. Toss together potatoes, 2 tablespoons oil, capers, ¾ teaspoon thyme, ½ teaspoon rosemary, and ½ teaspoon salt in a bowl until evenly coated.

2. Heat 2 tablespoons oil in a large skillet over medium heat until shimmering. Add onions, sugar, and ½ teaspoon salt and cook, stirring often, until onions are golden brown, about 20 minutes. Add garlic and remaining thyme and rosemary and cook for 1 minute. Whisk in vermouth, scraping up any brown bits, and cook until liquid has evaporated, 1 to 2 minutes. Remove from heat and season with salt and pepper to taste.

3. Arrange ⅓ of the potato mixture evenly in the bottom of a greased 9x13" baking dish. Sprinkle roasted red peppers over potatoes and top with another ⅓ of the potato mixture. Spread onion mixture evenly over potatoes and top with the remaining potato mixture and any accumulated liquid; reserve bowl.

4. Toss zucchini with 1 tablespoon oil and ½ teaspoon salt in reserved bowl and shingle over potatoes. Cover tightly with aluminum foil and bake for 1 hour.

5. Meanwhile, toss Parmesan, panko, lemon zest, and remaining 3 tablespoons oil together in a bowl. Remove foil, sprinkle panko mixture

evenly over gratin, and continue to bake until golden brown, 25 to 30 minutes. Let cool 15 minutes. Sprinkle with parsley and serve with lemons.

Per Serving (for 8): 320 Cal; 18g Fat (4g Sat Fat); 10mg Chol; 750mg Sodium; 29g Carb; 3g Fiber; 9g Protein

HERB-ROASTED LEG OF LAMB WITH LEMON-CREAM SAUCE

Active Time: 30 min.

Total Time: 3 hours 20 min.

Serves 8 to 10 **GF**

Make-Ahead: The rubbed lamb can be wrapped in plastic and refrigerated overnight. Let sit at room temperature for 30 minutes before roasting.

- 1 (6-lb.) semi-boneless leg of lamb, fat trimmed ¼" thick
- 3 Tbsp. extra-virgin olive oil
- 6 garlic cloves, minced
- 1½ Tbsp. kosher salt
- 1 Tbsp. minced fresh rosemary
- 1 Tbsp. minced fresh thyme
- 1 Tbsp. fennel seeds, chopped
- 2 tsp. ground black pepper
- 1 tsp. crushed red pepper
- 2 lemons, halved
- ½ cup chopped fresh basil
- ½ cup mayonnaise
- ¼ cup crème fraîche
- 1 Tbsp. Dijon mustard

1. Using a sharp knife, cut a ½" crosshatch pattern about ¼" deep into lamb fat and meat. Mix together oil, garlic, salt, herbs, and spices in a bowl and rub all over lamb; let sit for 30 minutes to 1 hour.
2. Heat oven to 450°. Place lamb (fat-side up) and lemons onto a wire rack set in a rimmed baking sheet and roast for 20 minutes.
3. Remove lemons and reserve for the sauce. Reduce oven temperature to 325° and continue to roast lamb until center registers 130°, 1½ to 2 hours. Transfer lamb to a cutting board, tent with foil, and let rest for 30 minutes.
4. Squeeze juice from reserved roasted lemons into a small bowl; add basil, mayonnaise, crème fraîche, and mustard and whisk to combine. Slice lamb and serve with sauce.

Per serving (for 10): 280 Cal; 19g Fat (6g Sat Fat); 80mg Chol; 600mg Sodium; 2g Carb; 1g Fiber; 23g Protein



ROSEMARY-OLIVE OIL CAKE WITH CITRUS CREAM AND PINE NUT BRITTLE

Active Time: 35 min. **Total Time:** 2 hours 30 min., plus cooling time

Serves 8

Make-Ahead: The cooled cake can be wrapped in plastic and kept at room temperature for up to 2 days. The pine nut brittle can be stored in an airtight container for up to 1 week, and the citrus cream can be refrigerated for up to 1 day.

- 2 cups all-purpose flour
- 2¼ tsp. baking powder
- 2 tsp. minced fresh rosemary
- 1 tsp. salt
- 1½ cups sugar
- 4 large eggs
- ¾ cup extra-virgin olive oil
- ½ cup whole milk
- 1 Tbsp. lemon zest

Citrus cream (see recipe)

Pine nut brittle (see recipe), broken into bite-sized pieces

1. **For the cake:** Heat oven to 350°. Grease and flour a 9" cake pan. Whisk flour, baking powder, rosemary, and salt in a medium bowl.

Per Serving: 510 Cal; 30g Fat (7g Sat Fat); 110mg Chol; 450mg Sodium; 55g Carb; 1g Fiber; 7g Protein

2. In a large bowl, combine sugar and eggs and whisk vigorously until pale and shiny; add oil, milk, and lemon zest and whisk until smooth.
3. Add flour mixture to wet ingredients and stir until just combined. Scrape batter into the prepared pan and bake until a toothpick inserted into the center comes out clean, 45 to 55 minutes, rotating halfway through. Transfer cake pan to a wire rack and let cool for 1 hour.
4. Carefully invert cake onto a platter and let cool completely, about 2 hours. To serve, slice cooled cake into wedges and garnish with citrus cream and crumbled brittle.

CITRUS CREAM

Makes ½ cups **GF**

Beat 1 cup heavy cream and ¼ cup crème fraîche in a bowl until mixture begins to thicken. Add 2 tablespoons sugar and 1 tablespoon orange zest and continue to beat until soft peaks form.

PINE NUT BRITTLE

In a medium saucepan over medium-high heat, dissolve 1 cup sugar in ¼ cup water and simmer, swirling pan occasionally, until mixture turns deep amber in color, 8 to 10 minutes. Working quickly, stir in ½ cup pine nuts. Pour mixture onto a greased, parchment-lined baking sheet and spread into an even layer. Sprinkle lightly with salt and let cool completely, about 1 hour.