

PANELLE SANDWICHES

The story of the Panelle

The idea for this sandwich was brought to us by a customer who told us about eating panelle as a kid growing up in Sicily.

He told us that on the ancient, sea-swept streets of Sicily, panelle is as common as PBJ is in America. Panelle was something comforting his mom would make him as an after-school snack.

Panelle is made from chickpea flour. We boil it, thicken it, cool it, and cut it into the squares you find in your boxes.

When we traveled to Italy on our Clover food trip, we visited panelle stands, and confirmed...panelle is everywhere in Sicily!

For our version, we added a lemon mayo, and a salad that reminded us of summer in Sicily: grapefruit, olives, and fennel from Next Barn Over in Hadley, MA.

undisturbed, for 2 minutes. Using a spatula, carefully flip the panelle slice over (you may need to nudge it over with your hand) and cook for 1-2 minutes more. Transfer panelle slices to the paper-towel lined plate.

5. Place pita on baking sheet and slide it into the preheated oven. Bake for 3 minutes, or until soft and puffy, but not crisp. Remove tray from the oven. With a serrated knife, slice the bread about 3/4 of the way down, twisting your knife at the bottom to remove it. Try not to split it too far down so it flops open like two pizzas attached with a hinge; if it happens, don't worry; it will just make sandwich-building a bit more difficult.
6. Hold pita open in one hand and using the other hand, drizzle lemon mayo on the bottom of the bread, spreading it with a spoon if needed. Nestle in a slice of panelle, add a handful of fennel salad and close the sandwich.

Time until you're eating: 20 minutes

What goes where?

Store in the refrigerator: Lemon, Orange, Fennel Salad, Fried Panelle Slices, Lemon Mayo

Store in the freezer if not eating immediately: Pita

Store at room temperature: Olive Oil

• How to make yours:



Grab these items: **Lemon, Orange, Olive Oil, Fennel Salad, Pita, Fried Panelle Slices, Lemon Mayo, Salt (not included)**

Frying ahead! We recommend these kitchen tools: **Sheet Tray, Frying Pan/Griddle, Salad Bowl, Fork/Whisk, Plate, Paper Towels, Flat Spatula**

1. Preheat oven to 350 degrees.
2. **Make dressing for the fennel salad.** Reserve 1 tablespoon of olive oil for frying, and set it aside. Slice lemon and orange in half and squeeze the juice of each half into a salad bowl. Set aside the other halves. Slowly pour the rest of the olive oil into the bowl, whisking quickly with a whisk (or fork) so that the oil droplets become suspended in the citrus juice. Congrats: you've made an emulsion!
3. Place fennel salad into the bowl and toss until the dressing coats the fennel. Add a sprinkle of salt. Allow dressed salad to sit for a few minutes so that it can soak up the dressing and salt. Then taste a piece of fennel. Add salt and extra orange or lemon juice to taste.
4. **Crisp up the panelle.** Line a plate with a paper towel. Set a frying pan or griddle over medium heat. Add the reserved tablespoon of olive oil, and allow it to warm up for a minute or two. When the olive oil is shimmering, place panelle slices on the pan or griddle. Allow panelle slices to fry,