

Socca pizza

Ingredients

1 1/4 cup chickpea flour

1 cup warm water

a glug of olive oil

1 tbsp dried oregano

1 tbsp apple sauce

1/2 tsp salt

1/2 tsp garlic powder

other goodies you'll need:

your favorite pizza sauce, pesto, or barbeque

your favorite veggies and meats

your favorite fancy cheeses

Directions

Combine all ingredients until completely smooth in a large bowl. Let it sit for half an hour or so.

Preheat oven to 375f. Stick a 9" cast iron skillet, coated with oil, in the oven for 5 minutes or so to heat up. -please use the right sized skillet for this recipe; otherwise the crust will not be the proper thickness and will not hold up properly.

Pour batter into skillet, bake for 35 minutes. Cracks will form in the top of the crust, and the edges will brown slightly.

Carefully remove pan from the oven when it is cooked. Spread your favorite sauce onto the crust, leaving some room around the edges. Bake for another 5 minutes to allow sauce to heat up and to evaporate a little water. Once again, remove from the oven. Crank on the broiler. Throw your remaining toppings on, top with cheese, and put under the broiler for 1 minute, until the cheese bubbles. Watch out, the crust burns quickly, so if you let it go longer than 1 minute,... well don't say i didn't warn you.

Remove from heat; allow to cool for 5 minutes before slicing.

Tips & Twists

- Use a smaller skillet, split into 2 the batter to make individual crusts. I've had it with a spread of goat cheese, arugula and warm beet salad on top (not baked after the initial making of the crust)
- it is a **great wheat free flat bread alternative**