



FRANCE

APPETIZER

[PRINTABLE RECIPE PDF](#)

French Socca

Socca is a traditional street food from Nice, made primarily from chickpea flour. It has its roots in the coastal cuisine of the Mediterranean and is a beloved

PREP

10 min

COOK

20 min

SERVINGS

4

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- **1 cup** chickpea flour - ensure it's fine; sifted if necessary
- **1 cup** water - room temperature
- **3 tablespoons** olive oil - plus extra for greasing
- **1 teaspoon** sea salt
- **1 teaspoon** black pepper - freshly ground
- **1 tablespoon** fresh rosemary - finely chopped, optional

WHY THIS WORKS

About this recipe

A printable French Socca recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Socca is a traditional street food from Nice, made primarily from chickpea flour. It has its roots in the coastal cuisine of the Mediterranean and is a beloved snack, often enjoyed hot, straight from the oven, with a

ORIGIN & TRADITION

Mediterranean context

Socca is a traditional street food from Nice, made primarily from chickpea flour. It has its roots in the coastal cuisine of the Mediterranean and is a beloved snack, often enjoyed hot, straight from the oven, with a sprinkle of black pepper.

METHOD

Step-by-step instructions

1

In a mixing bowl, whisk together the chickpea flour, water, olive oil, and salt until smooth. Let the batter rest for at least 30 minutes at room temperature.

2

Preheat your oven to 450°F (230°C) and place a baking sheet or a round pan inside to heat. Once hot, add a little olive oil to coat the pan, then pour in the batter to about 1/4 inch thick. Bake for about 10-15 minutes until the edges are crispy and the top is lightly golden.

3

Remove from the oven, sprinkle with black pepper and rosemary (if using), then cut into wedges and serve immediately.

CHEF'S TIP

For an authentic touch, use a cast iron skillet or a traditional socca pan, which helps achieve that perfect crispy texture.

NUTRITION PER SERVING (EST.)

Calories	160 kcal	Fat	8 g
Protein	4 g	Fiber	4 g
Carbohydrates	20 g	Sodium	200 mg

SERVING SUGGESTION

Serve warm, garnished with a sprinkle of black pepper, alongside a chilled glass of rosé or a light aperitif.

[PRINTABLE MEDITERRANEAN RECIPE PDF](#)[MedTableAI.com](#)