



WARNING!
Ask an adult's permission before using the stove.

TASTY TREAT
Chickpea fries are known as panisse in the south of France, where they are a traditional street snack.

Cook up delicious chickpea fries

Ingredients

- Olive oil
- 4 cups water
- 2 cups chickpea flour
- 1 teaspoon salt, plus more for seasoning
- Freshly ground black pepper, to taste
- 1 tablespoon butter
- Dipping sauce, for serving (optional)
- Lemon wedges, for serving (optional)

Instructions

1. Coat the bottom and sides of a 9-by-13-inch baking pan with olive oil and set aside. In a large heavy-bottom saucepan, combine the water and chickpea flour and whisk well. Season the mixture with 1 teaspoon salt and some freshly ground black pepper.
2. Set the pot over low heat and bring to a gentle simmer while whisking constantly. Switch to a large rubber spatula and add the butter. Continue to cook, stirring constantly, until the butter is melted and the batter is quite thick, about 10 minutes.
3. Transfer the batter to the prepared pan and use the spatula to help spread it into an even layer. Let the batter cool for 20 minutes, then cover and refrigerate until very cold—at least 2 hours.
4. Flip the baking sheet onto a large cutting board and unmold the solidified batter. Slice the batter into 1-inch strips, then cut into approximately 3-inch fries.
5. Heat enough olive oil to generously coat the bottom of a large skillet. Working in batches and with an adult's help, carefully add the fries in a single layer and cook them until golden brown, about 3 minutes. Use tongs or a spatula to carefully flip the fries once, then cook until the other side is golden brown, about 2 to 3 more minutes.
6. Remove fries to a plate and immediately sprinkle on more salt. Serve fries with your favorite dipping sauce (like honey mustard) and lemon wedges, if desired. Makes about 36 fries.



ECO TIP OF THE WEEK

ORGANIZE A COAT DRIVE

With winter coming, it's important that everyone has a coat to keep them warm. A coat drive is an event where people drop off winter jackets they don't wear anymore or that they have outgrown so the coats can be distributed to people in need. A coat drive not only helps others but is also good for the environment because coats get reused instead of being thrown away. Start by asking your school, place of worship, or community center if you can set up a collection box there. Then spread the word through flyers or ask an adult to post about the drive on social media. Once you have the coats, you can go to onewarmcoat.org to find a nearby organization to donate them to.



You can help others in need.