

SAVORY SOCCA BITES

Canapés de Socca Provençale

Source: The Gilded Table – August Edition

Prep Time: 15 min (plus 30 min rest)

Cook Time: 30 min total

Yield: Makes 20–24 canapé bites



Recipe Description

A traditional Niçoise street food, turned elegant canapé — golden chickpea crêpes sliced into bite-sized rounds and topped with herbed crème fraîche and tomato confit. Rustic, effortless, and kissed by the Riviera sun.

Part of The Gilded Table: August Edition.

Ingredients

****For the Socca batter:****

- 1 cup chickpea flour (a.k.a. garbanzo bean flour)
- 1 cup warm water
- 2 tablespoons olive oil (plus more for the pan)
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 teaspoon fresh thyme leaves (or ½ tsp dried)

(Optional: a pinch of smoked paprika or cumin

****For the herbed crème fraîche :**

- ½ cup crème fraîche (or Greek yogurt or sour cream)
- 1 teaspoon fresh lemon juice
- 1 tablespoon finely chopped chives or parsley
- Salt and pepper to taste

****For the topping:****

- ½ cup tomato confit or oven-roasted cherry tomatoes
- Fresh basil or thyme leaves for garnish
- **Optional:** flake salt, cracked pepper, or lemon zest for finish



Inveniam viam aut faciam.

Retro Recipes Revived © — Life in Bianca's Kitchen

Directions

1. ****Make the Socca batter:**** In a mixing bowl, whisk together chickpea flour, warm water, olive oil, salt, pepper, and thyme until smooth. Let the batter rest for at least 30 minutes at room temperature (or up to 2 hours).
2. ****Cook the Socca:**** Preheat your oven to 450°F (232°C) with a 10-inch ovenproof skillet or cast iron pan inside. Once hot, remove the pan, swirl in a bit of olive oil, then pour in just enough batter to coat the bottom — about $\frac{1}{3}$ of the total. Bake for 10–12 minutes until golden and slightly blistered. Repeat with remaining batter.
3. ****Cool and slice:**** Let each Socca round cool slightly, then slice into wedges or rounds using a biscuit cutter or small glass — canapé-style.
4. ****Make the herbed crème fraîche:**** In a small bowl, stir together crème fraîche, lemon juice, chopped herbs, salt, and pepper. Chill until ready to use.
5. ****Assemble the bites:**** Dollop each Socca round with herbed crème fraîche, top with a spoonful of tomato confit, and garnish with fresh herbs or zest if desired.
6. ****Serve warm or at room temperature:**** Arrange on a wooden board or vintage platter and serve with chilled rosé or sparkling lemonade.



Notes

Socca can be made ahead of time and gently rewarmed before assembling. Great for entertaining or romantic alfresco evenings. 🌿



Inveniam viam aut faciam.

Retro Recipes Revived © — Life in Bianca's Kitchen