

# Selena + KRISTEN KISH

EPISODE 2

## INGREDIENTS

### For the Vinaigrette:

¼ cup olive oil  
1 tbsp chopped garlic  
1 tbsp chopped oregano  
3 tsp chopped thyme  
½ cup cider vinegar  
2 tbsp sugar  
1 tbsp whole grain mustard  
salt and pepper to taste

### For the Mornay:

3 tbsp unsalted butter  
3 tbsp all purpose flour  
2.5 cups whole milk –  
room temp  
2 oz grated gruyere  
2 oz Emmental  
Salt to taste

### For the Broccoli:

canola or vegetable oil  
for deep frying in large  
heavy pot  
2 cups chickpea flour  
1½ cups rice flour  
1 cup ice cubes  
a few liters of soda water  
4-6 cups medium  
broccoli florets



## CHICKPEA FRIED BROCCOLI MORNAY, FRIED GARLIC & OREGANO VINAIGRETTE, PROSCIUTTO, PARSLEY

### DIRECTIONS:

#### For the Vinaigrette:

In a sauce pot, add oil and chopped garlic. Put over medium heat and stir until garlic begins to fry. Once the garlic begins to turn golden. Turn heat to low. Add in oregano and thyme immediately. This will sizzle and pop so be careful. Carefully add in vinegar, sugar, and mustard. Season with salt and pepper. Leave at room temp until ready to use.

#### For the Mornay:

1. Melt 2 tbsp of butter in a saucepan (do not brown).
2. Whisk in 1.5 tbsp all-purpose flour to form a paste, aka a blond roux
3. Whisk in milk and simmer over medium low heat until nappe. Reduce heat to low and whisk in cheese, small handfuls at a time. Season and keep warm. Use plastic wrap over the top of the sauce to stop it from forming a skin.

#### For the Broccoli:

1. In a large mixing bowl, add flours and ice mixing in with a gloved hand or whisk enough soda water to be a runnier pancake batter.
2. Heat oil to 375° f
3. Toss in florets to the batter, pull out the broccoli, letting excess batter fall off briefly. Gently place into hot oil. Fry until golden brown. Remove from the oil with a slotted spoon or a spider right onto a sheet tray with a wire rack on top. Season with salt. Repeat until all the broccoli is cooked.