

Primi

First Courses

Farinata (Chickpea Flatbread)

Yield: 4 -6
Active Preparation Time: 10 minutes
Cook time: 20 minutes
Total Time: 30 minutes

Farinata is a popular street food that originated in Genoa.

Made from chickpea flour, this unleavened flatbread can be served as a light lunch, appetizer or snack.

Other countries and regions of Italy have adapted this recipe renaming it socca, cecina, torta di cece.

Involving three ingredients, farinata is easy to make and can be adapted to personal taste by adding different herbs, spices and toppings.

The photo featured above includes caramelized tomatoes (see pg.) and homemade fresh ricotta (pg.)

Ingredients:

1 cup chickpea flour
1 cup water
 $\frac{3}{4}$ teaspoons salt
7 tablespoons extra virgin olive oil



Gluten-free options:

This is a naturally gluten-free recipe

Ingredient notes:

Chickpea flour is also known as garbanzo bean flour which is readily available in most grocery stores.

Topping Variations:

Caramelized onions, goat cheese, sauteed mushrooms, etc. Light toppings are best, but don't be afraid to be creative.

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Instructions:

Center a rack in the oven. Preheat oven to 450 degrees.

In a small bowl whisk together the flour, water, salt and 3 tablespoons of the olive oil. The mixture should resemble pancake batter.

Evenly distribute remaining 4 tablespoons of oil into a 14 inch round oven-proof pan or a rimmed cookie sheet. Place the oiled pan in the oven to preheat for five minutes (this is critical to achieve a crispy consistency).

After 5 minutes remove pan from oven and evenly spread batter with a rubber spatula. Return pan to oven, and bake for approximately 20 minutes or until crust is a deep golden brown.

Remove from oven and add toppings of choice.