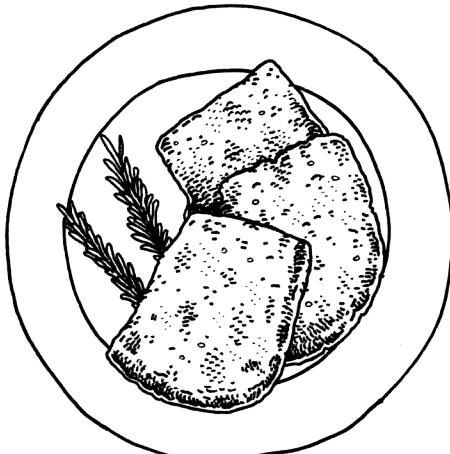


#27

Expo 2015
Regione Liguria
Cooking



Farinata *Chick pea tart*

Ingredients (6 serves)

1/2 kg chick pea flour; 1,75 l cold water, 1 (scant) glass extra virgin olive oil (approx. 160 ml), coarse salt to taste.

Slowly mix the chick pea flour and the water in a large mixing bowl. Use a wooden spoon to prevent lumps and obtain a fluid, smooth batter. Last, add the salt (1 tablespoon) and 1/2 glass oil. Cover the bowl and let rest for 2 hours outside the fridge.

Get rid of the skim with a perforated spoon and stir again. Oil a round copper farinata pan and evenly pour the batter in. Cook for around 15 minutes in a wood oven, but also pre heated gas/electric ovens will do, 180° C for 30 minutes, till the farinata is pleasantly golden. Cut into big squares, pepper to taste.

A best seller since Roman times (when it was known as "scribilita"), it is a popular street food not only in Liguria, but also in Livorno (cecina), Côte d'Azur (socca), Piedmont (bel'e cauda)... It is at its best when enjoyed in the fry shops and eating joints that dot the region's historical centres, which are still peopled by the most varied gourmet crowd: workmen, lawyers, journalists, tourists, students... Be sure to get the oven true and level for excellent baking.

- ⌚ some hours
- ☛ easy
- ❖ DOP Golfo del Tigullio-Portofino Bianchetta Genovese

Ingredienti (6 porzioni)

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