



Flying Inspiration

Fly with the Feminine ...

Gabriella Guglielminotti Trivel's recipes

Farinata

Suggestions: a very simple and traditional Italian dish with a twist rich in iron, phosphorus, zinc, potassium, magnesium, calcium, sodium, vitamin B3 and folate. It has a satisfying taste and is perfect for Autumn when one needs some good nutritious food!

Instructions

olive oil



chickpea



flower

sea salt



The day before cooking farinata mix in a bowl some chickpea flower, also called Gram flower or besan, with a pinch of salt, some soda water and a bit of extra virgin olive oil, stir it all until you have a liquid mix without lumps. Leave it covered to rest overnight.

spring



onions



black



pepper

The following day heat in a pan some chopped anchovies with some finely cut spring onions and let them cook until they are soft and mixed together.

Spread some extra virgin olive oil in an oven dish and pour in it the chickpea flower mix that you prepared the day before, it has to be a thin layer, maximum 1 cm thick.

Add the partly cooked spring onions with the anchovies to the flower mix and grind some black pepper all over it.

Put the dish in a hot oven and cook it until it gets a nice golden colour, pay attention to not burn it, it is easily done!

When it is ready cut it into squares and serve it as a main dish or instead of bread.



If you like this recipe, I would like to read your comments!

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