

Farinata

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This delicious Italian flatbread is a fantastic way to show off to your dinner guests! Made with chickpea flour, the bread is great for serving with things like soup or bolognese or for rolling up with ham and cheese.

Ingredients:

450ml water

210g chickpea flour, which can be made by grinding dried chickpeas to a very fine powder

3 tbsp. olive oil

1/2 tsp. salt

1 tsp. dried rosemary

Directions:

1. Mix the water with the chickpea flour, 1 tbsp. of oil and salt. Once smooth, cover and leave to stand for one hour.
2. Preheat the oven to 240C, heat a cast iron skillet then add the 2 tbsp. of oil. Remove the foam from the batter then stir in the rosemary.
3. Pour the batter into the pan and then put into the oven for 25 minutes until golden brown and crispy.

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