

Farinata (Chickpea Flour Pancake)

Farinata is a favorite dish served up and down the coast of seaside Liguria. The rustic recipe features chickpea flour, extra virgin olive oil, and herbs, then blistered into a pancake, and finally showered with fresh black pepper. For the perfect appetizer or snack, serve with crisp white wine and a few chunks of vegan cheese.

Recipe courtesy of Eataly

INGREDIENTS

- 1 cup chickpea flour (also called Besan in Indian cooking)
- 1.75 cups water (ie 1 3/4 cups water)
- 1 teaspoon fine sea salt
- 2 tablespoons extra virgin olive oil, plus more for sautéing & finishing
- 1 small red onion, thinly sliced
- 1 tablespoon chopped fresh rosemary
- Freshly ground black pepper, to taste

INSTRUCTIONS

- 1 Whisk the chick pea flour with the 1.75 cups water, then whisk in the salt and 2 tablespoons of extra virgin olive oil. Cover the mixture, and set aside at room temperature for at least 1 hour or as long as 12 hours; the longer the better.
- 2 Meanwhile, sauté the thin onion slices in extra virgin olive oil until soft and translucent but not brown. Stir in the rosemary to cook for a few moments. Set aside.
- 3 When the chickpea mixture has rested for at least an hour and you're ready to bake, pour a few teaspoons of olive oil into a 12-inch oven-proof skillet and brush to cover the bottom. (I use cast iron) Place the skillet in the oven and turn the heat to 400°F. By the time the oven has reached 400F the oil and the pan should be good and hot, smoking even!
- 4 Stir the onion and rosemary mixture into the flour mixture. Take the skillet out of the oven and pour the flour and onion mixture into the skillet. Return the skillet to the oven.
- 5 Cook for about 25 to 30 minutes at 400F. Check the "doneness" by inserting a knife in the center; if the knife comes out clean, it's done. If the top has not already browned, place the pancake under a broiler for 1 to 2 minutes until it is flecked with tasty brown spots.
- 6 Remove the skillet from the oven, and let it cool for a minute. Loosen the farinata by running a spatula under it and then carefully transfer it to a cutting board. (I usually put the cutting board on top of the skillet and flip it out) Cut it into wedges, drizzle with extra virgin olive oil (points if it's Ligurian), and top with a ridiculous and obscene amount of freshly and coarsely ground black pepper. Serve warm.