

The Livorno chickpea cake is a preparation based on chickpea flour, water, extra virgin olive oil and salt.



It is therefore a very simple recipe, in fact it has poor and distant origins in time.

Torta di ceci is the name we give here in Livorno, but maybe you know the chickpea farinata or the cecina. The ingredients are more or less the same, but the process differs according to the traditions and the place where it is prepared.



Leghorn chickpea cake recipe

- 500 gr. chickpea flour
- 1 liter and 1/2 of cold water
- 100 gr. of Tuscan EVO oil
- 10/15 gr. of salt
- black pepper to taste

Procedure

To prepare the chickpea cake, get a container and pour the water into it. Slowly add the chickpea flour and mix. The result must be homogeneous and without lumps. Incorporate the Tuscan EVO oil and salt, continuing to stir the ingredients. Once you have a uniform mixture, let it rest for about 2 hours. From time to time, give it a light stir to prevent the product from coming loose.

Preheat the oven to 220 degrees. Take a pan (possibly in tinned copper), and grease it with a little extra virgin olive oil exclusively from Tuscany. Pour your chickpea cake into the pan, taking care to start from the center. The thickness must be less than 1 cm. After about 15 minutes, you will notice an inviting crust on the surface and it will then be ready to take out of the oven. Cut it

and serve it hot, adding generous black pepper. But of the good one, "bono" as they say in Tuscany.

