

Cecina
also known as Socca or Farinata
Gluten free. Vegan Chickpea Flour Crepe



Ingredients

You can easily cut this recipe in half for the small rectangular pan.

This larger portion is for the large round pan

250 grams Chickpea flour

750 ml water

1 tsp salt

2 tbs extra virgin olive oil.

Instructions

The water is added slowly to the flour, whisking it in to remove any lumps.

Add the extra virgin olive oil and salt.

Then you can personalize with chopped rosemary or sliced red onions.

Recently I saw a lovely version, made a little thicker and with zucchini in it.

The batter needs to rest at least 4 hours. You can make it and let it sit overnight as well.

Generously grease the pan you have chosen. and place in a preheated 450 degree oven.

I like to emulate a woodburning oven, so I place the pan on the bottom of the oven for about 20 minutes and finish it by turning on the broiler and raising the pan onto the higher shelf.

It will pull away from the sides of the pan when it is done.

Let it cool a little to make it easier to cut and serve in wedges, hot, with lots of freshly ground pepper.

If you don't have the traditional pan, try using your grandmother's cast iron skillet! They hold heat well and should be perfect or a non-stick skillet like for a crepe. You can cook one side and then put in the oven under the broiler to finish.

I have also made it in a rectangular pan and cut into squares.