

Snacks

In a solarpunk future, we'll have lots of breaks between tasks. Better be ready!

- Cecina/Farinata/Fainà

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Time: 20 min (active); 40-80 min (total)

Difficulty: Very easy

Equipment: Medium bowl, medium frying pan or oven, wooden spoon, sifter (optional)

Cost: Cheap to moderate (depending on ingredients)

Vegetarian: Yes

Vegan: Yes

Origin: Toscana & Liguria (Italy)

Ingredients (2 people):

- Chickpea flour, 150g
- Water, 250ml
- Olive oil, 1 tbsp
- Basil, 10g
- Rosemary, 10g
- Salt
- Pepper
- Optional ingredients (see point 4)

Preparation:

1. Sift the chickpea flour in a mixing bowl, add salt, basil, rosemary and pepper. Add water, olive oil, and mix well. It should be smooth but not too thick, like hot cocoa. Add water if necessary, but avoid thinning the mixture too much. At this point you can put additional ingredients in (see point 4)
2. Cover with a table cloth and set aside for at least 20 minutes. Optimal resting time is 60 minutes, but if you're in a hurry you can leave it uncovered for as little as 10 min.
3. Place a frying pan on high heat, add 1 tbsp olive oil, then the mixture. Lower the heat, cover with a lid, and cook for 10 minutes or until solid. Serve immediately.
4. While fine as is, this recipe really shines with additional ingredients. You can add just about anything, provided it doesn't melt, mix, or release too much water when cooking. Some suggestions:

- White/red onion (cook for 5-10 min beforehand)
- Cherry tomatoes
- Sun-dried tomatoes
- Green olives
- Tomato sauce (50 g per person as a general rule)
- Potatoes (cut into thin chips, cook for 5-10 min beforehand)
- Seeds of any kind
- Ham, salami, cured meats (cubed, either uncooked or lightly fried).