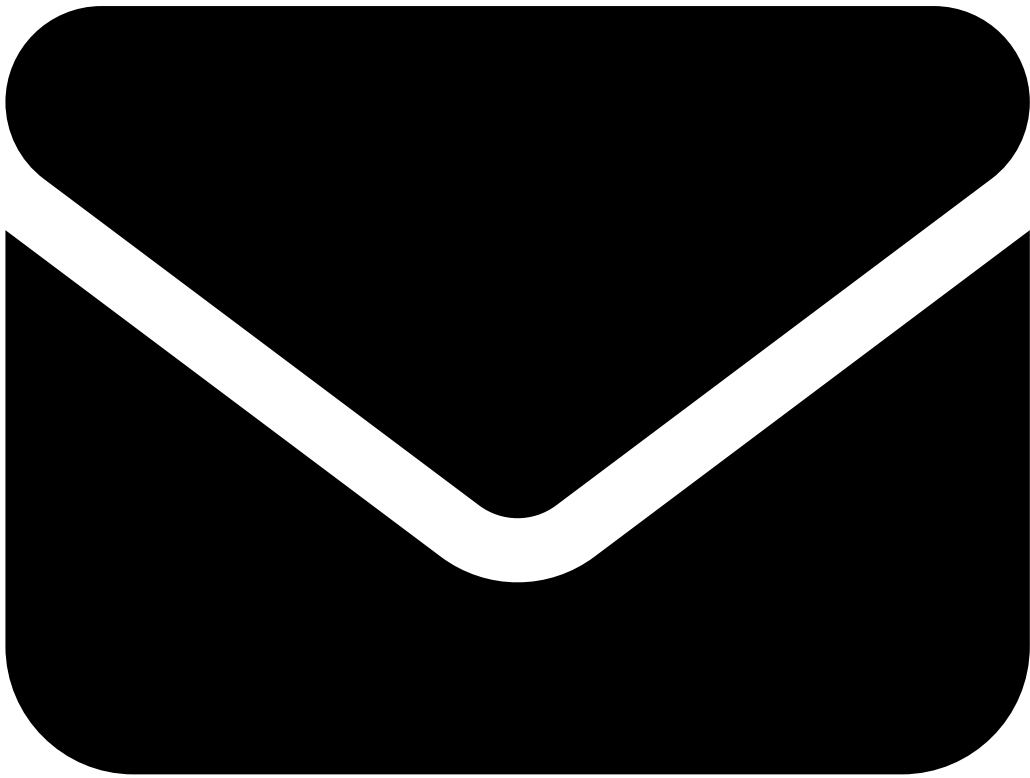


Ciceri e Tria Recipe: Italian Pasta with Chickpeas and Crispy Fried Pasta

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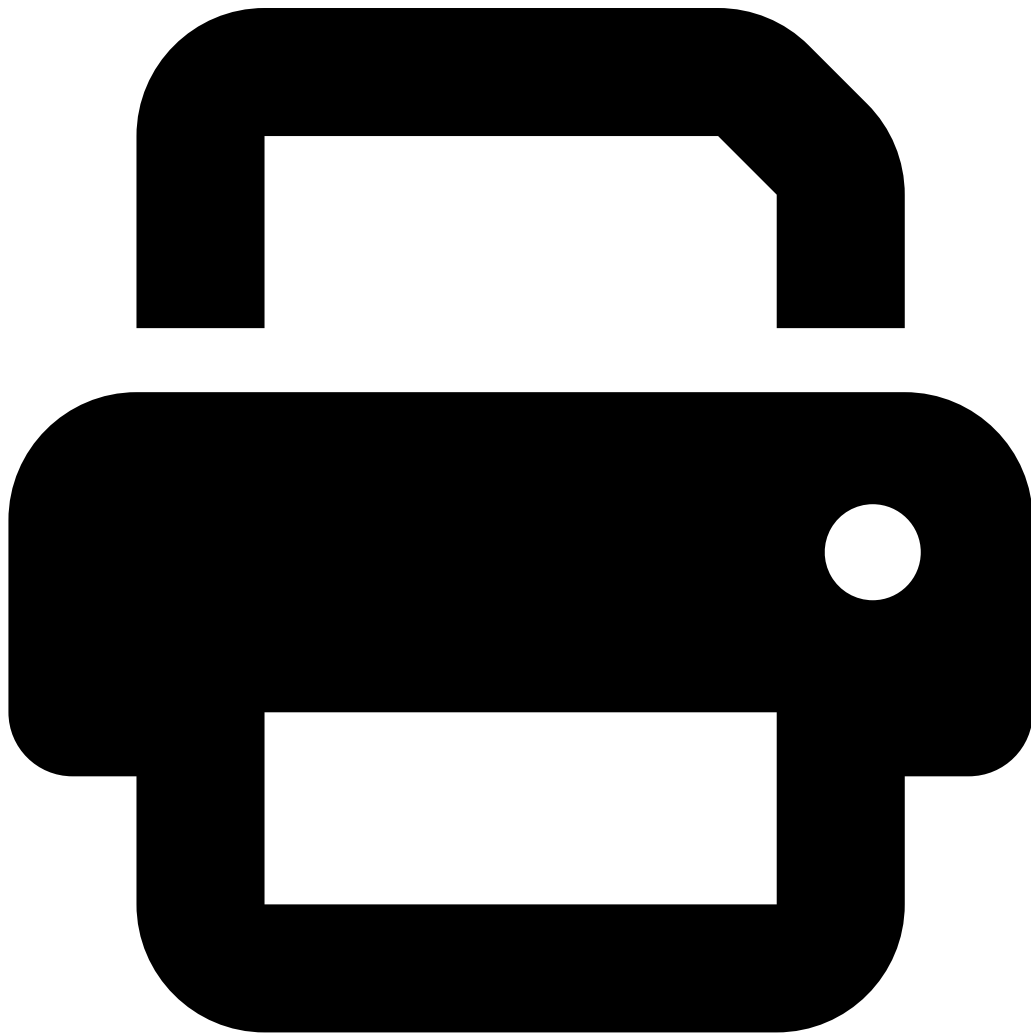
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There are Italian dishes that remind you that the most memorable meals don't always come from a long list of ingredients. Ciceri e tria is one of them.

This rustic Italian pasta and chickpea dish comes from **Salento in Puglia**, in southern Italy. It combines creamy chickpeas with ribbons of pasta, but there's one special step that makes this dish unlike any other: **some of the pasta is fried until golden and crisp before being added to the finished dish.**

That contrast between the tender pasta, creamy chickpeas, and crispy fried pasta is what makes Ciceri e tria so special.

The name itself tells part of the story. *Ciceri* refers to chickpeas, while *tria* is the traditional pasta used in the dish. Traditionally, tria is made from durum wheat or semolina and water and cut into rustic ribbons.

For my version, I use fresh tagliatelle because it is easy to find and has the right shape and texture for this traditional dish. You can also use fresh pappardelle or make your own semolina pasta if you want to take the traditional route.

Why You'll Love Ciceri e Tria

- A simple, rustic Italian meal made with pantry staples
- Creamy chickpeas paired with tender and crispy pasta
- Inexpensive and satisfying
- A wonderful example of traditional Italian cucina povera
- Easy enough for a weeknight but special enough to serve to guests

Things to know about this authentic Italian pasta recipe

A Note About the Pasta

Traditional *tria* is a simple pasta made with durum wheat or semolina and water. Some of the pasta is cooked in the chickpea mixture while another portion is fried in olive oil.

For an easier home-cook version, **fresh tagliatelle works beautifully**. Fresh pappardelle is another good choice if you prefer a wider, more rustic pasta.

The important part is keeping the contrast between the **soft pasta and crispy fried pasta**—that's what makes Ciceri e tria so distinctive.

Can I Use Dried Pasta?

Yes. While fresh pasta gives you a texture closer to

traditional tria, dried tagliatelle or another wide ribbon pasta can be used when fresh pasta isn't available.

Just be careful not to overcook it. You want the pasta tender but still able to hold its shape.

What Makes Ciceri e Tria Special?

Like so many traditional Italian dishes, Ciceri e tria is an example of **cucina povera**,

where simple, inexpensive ingredients are transformed into something deeply satisfying.

Chickpeas, pasta, olive oil, herbs, and a few basic vegetables don't sound extraordinary on their own. But the technique of frying some of the pasta changes everything.

It's a dish that proves you don't need expensive ingredients to create a memorable Italian meal.

Serving Suggestions

Ciceri e tria is hearty enough to serve as a main course. I like to finish it simply with

good extra virgin olive oil and plenty of freshly ground black pepper.

A simple green salad or some roasted vegetables would make an easy accompaniment.

Storage and Reheating

Store leftovers in an airtight container in the refrigerator for up to 3 days.

For the best texture, keep the fried pasta separate and add it just before serving. Reheat the chickpea and pasta mixture

gently on the stovetop with a splash of broth or water.

The fried pasta can be briefly reheated in a dry skillet or oven to help restore its crispness.

Final Thoughts

Ciceri e tria is the kind of Italian recipe I love—simple ingredients, traditional technique, and a little something unexpected.

That crispy fried pasta on top is what turns a humble bowl of chickpeas and pasta into something truly special.

If you've never tried this traditional dish from Salento, this is a wonderful place to start.

More Italian Recipes to Try

If you love traditional Italian pasta recipes, there's plenty more to explore here. Try my **Italian Orecchiette with Sausage and Cherry Tomatoes** for another taste of southern Italian cooking, or make my **Pasta alla Norma** a classic Sicilian pasta with eggplant and tomato.

For something simple and comforting, my **Authentic Bolognese Sauce** is perfect served over your favorite pasta. And if you're looking for more traditional Italian comfort food, don't miss my **Tuscan Ribollita Bean and Bread Soup**

I hope you enjoy this taste of southern Italy! Be sure to explore more of my Italian recipes for simple, authentic dishes made for the home kitchen.

Ciceri e Tria: Italian Pasta with Chickpeas and Crispy Fried Pasta



Ciceri e Tria is a traditional Italian pasta and chickpea dish from Salento, Puglia. Tender pasta and creamy chickpeas are combined with crispy ribbons of pasta fried in olive oil, creating a rustic dish with wonderful contrast in texture.

For the chickpeas

- 2 Tbsp. olive oil
- 1 cup finely chopped onion
- 1 cup finely chopped celery
- 1 cup finely chopped carrot
- 2 cloves minced garlic
- 2 15 oz. cans chickpeas, rinsed and drained
- 3-4 cups vegetable or chicken broth
- 1-2 springs rosemary
- salt and pepper to taste

For the pasta

- 8 oz. fresh or dried tagliatelle or pappardelle
- 1/2 cup olive oil for frying
- salt for the pasta water

1. **Make the chickpea base.** Heat 2 tablespoons olive oil in a large skillet or Dutch oven over medium heat. Add the onion, celery, and carrot. Cook for 5–7 minutes, until

softened. Add the garlic and cook for another minute.

2. **Add the chickpeas.** Add the chickpeas, broth, and rosemary. Season with salt and pepper. Bring to a gentle simmer and cook for about 20 minutes.
3. **Create a creamy texture.** Remove the rosemary. Mash about $\frac{1}{3}$ of the chickpeas with the back of a spoon, or blend a small portion with some broth and return it to the pot. You want the chickpeas to create a naturally creamy sauce while still leaving plenty whole.
4. **Prepare the pasta.**

Divide the pasta

Divide the fresh tagliatelle into two portions. **One portion will be cooked in boiling water, while the other portion will be fried directly in olive oil—without boiling it first.**

5. **Fry the pasta.** Divide the pasta in half. Leave one half in long ribbons for boiling. **Break the remaining half into shorter, bite-size pieces.** Heat $\frac{1}{2}$ cup olive oil in a skillet over medium heat. Fry the broken pasta pieces in batches until golden and crisp, turning carefully as they cook. Transfer to a paper towel-lined plate and lightly season with salt.
6. **Cook the remaining pasta.** Cook the remaining fresh pasta in the boiling water until just tender, usually 2–3 minutes. Reserve about $\frac{1}{2}$ cup of the pasta water, then drain.
7. **Combine.** Add the cooked pasta to the chickpeas. Stir gently, adding a splash of pasta water if needed. The consistency should be creamy but not soupy.
8. **Finish with the crispy pasta.** Spoon into bowls and generously scatter the fried pasta over the top. Finish

with extra-virgin olive oil and freshly ground black pepper.

For the best texture, break half of the fresh pasta into short pieces before frying. Fry the pasta uncooked until golden and crisp, and keep it separate until just before serving so it stays crunchy.

Main Course

Italian

Italian pasta and chickpeas