

# Farinata Italian Chickpeas Flatbread

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**Farinata Italian chickpeas flatbread** is one of those quietly iconic Italian foods – simple, humble, and deeply rooted in tradition. Originating in Liguria, this thin chickpea flatbread has been made for centuries using just chickpeas, water, olive oil, and salt. It began as street food, valued for being filling, affordable, and made entirely from pantry staples.

Traditionally, farinata is prepared with chickpea flour, but this version goes straight to the source by using **whole dried chickpeas**. After soaking and blending, the batter bakes into a flatbread with crisp, golden edges and a soft, creamy center. It's rustic, naturally gluten-free, and a perfect example of how Italian cooking lets simple ingredients do the work.

## Things to know about this Farinata Italian Chickpeas Flatbread

- Farinata Italian chickpeas flatbread should always be **thin** – a thick batter will bake up dense instead of creamy.
- Resting the batter improves both flavor and texture, so

don't skip it.

- Using whole chickpeas creates a slightly more rustic result than chickpea flour, while staying true to tradition.
- A hot cast iron or metal pan is key for proper browning and crisp edges.
- Farinata is best enjoyed hot, straight from the oven, but leftovers reheat well in a hot pan.

### ▪ **Variation: Rustic Farinata (Unstrained Batter)**

For a heartier, more rustic farinata, skip straining the blended chickpea batter. The finished flatbread will be slightly thicker with more texture, while still keeping the classic crispy edges and creamy center. Just be sure the batter remains thin enough to spread easily in the pan before baking.

### ▪ **Storage & Reheating**

Farinata Italian chickpeas flatbread is best enjoyed fresh, but leftovers store well.

- **Refrigerator:** Store cooled farinata in an airtight container for up to **3 days**.
- **Reheating:** Reheat in a **hot skillet** with a small drizzle of olive oil until warmed through and the edges crisp again.
- **Avoid the microwave** if possible – it softens the texture and dulls the flavor.

Farinata does not freeze well, as the texture becomes grainy once thawed.

- If you love simple Italian recipes made from pantry staples, be sure to explore more on the blog. Pair this farinata with my **Homemade Beef Bone Broth** for a comforting meal, or serve it alongside my Italian and Italian-inspired soups for an easy, rustic spread.

And if you make this farinata Italian chickpeas flatbread, leave a comment below or tag me on social – I love seeing how you serve it and make it your own.





## **Farinata Italian chickpeas flat bread**

### **Ingredients (serves 4–6)**

- 1 cup dried chickpeas, soaked overnight (12–24 hours)
- 1 to 1 $\frac{1}{4}$  cups fresh water (for blending)
- $\frac{1}{2}$  teaspoon fine sea salt
- 3–4 tablespoons extra virgin olive oil, divided

- **Freshly ground black pepper**, to finish

### **Optional toppings (add sparingly):**

- Fresh rosemary
- Thinly sliced red onion
- Arugula
- Parmigiano Reggiano

## **Instructions**

### **1. Soak the chickpeas**

Soak dried chickpeas in plenty of water overnight. Drain and rinse well.

### **2. Optional (but recommended for texture):**

Simmer the soaked chickpeas in fresh water for **20–30 minutes**, just until tender. Drain and let cool slightly.

### **3. Blend the batter**

Add chickpeas and **1 cup water** to a high-speed blender. Blend until completely smooth.

Add more water, a little at a time, if needed – the batter should be **thin, like crêpe batter**, not thick like hummus.

### **4. Strain for smoothness**

Strain the batter through a fine-mesh sieve for a smoother texture, or skip this step for a more rustic farinata

### **5. Season and rest**

Stir in the salt.

Cover and let the batter rest at **room temperature for at**

**least 1 hour**, preferably 2–3 hours.  
Skim off any foam that forms on top.

#### **6. Preheat oven and pan**

Preheat oven to **425°F** (  
Place a **12-inch cast iron skillet or metal baking pan** in  
the oven to heat.

#### **7. Oil the pan**

Carefully remove the hot pan and add **2 tablespoons olive oil**,  
swirling to coat evenly.

#### **Bake**

Pour the rested batter into the pan (it should spread thinly).  
Drizzle the remaining olive oil over the top.  
Add rosemary or onions now, if using.

#### **Cook until set and golden**

Bake for **18–25 minutes**, until:

- Edges are crisp and deeply golden
- Top has light browning
- Center is just set and creamy

Optional: Broil for **2–3 minutes** for extra char.

#### **Serve immediately**

Finish with black pepper and any fresh toppings.  
Slice into wedges and serve hot.