



Farinata with Charred Broccoli, Lemon & Capers

Makes: 4-6 Servings

Prep Time: 5 minutes Cook Time: 25 minutes

Total Time: 30 minutes plus 2 hours for batter

For the Broccoli:

- 1 head broccoli
- 1 tbsp coconut oil, (or olive oil)

For the Farinata:

- 2 cups chickpea flour
- 3 cups water
- 1 tsp salt
- 1 sprig rosemary, finely chopped (about 1 1/2 tbsp)
- 1/2 tsp chili flakes, (optional)
- Freshly ground black pepper
- Zest of one lemon, (about 1 tsp)
- 3 tbsp coconut oil, (or olive oil)

To serve:

- 1 tbsp capers
- Small handful fresh parsley, finely chopped
- Fresh lemons, for squeezing

Make the Farinata batter:

Whisk chickpea flour, water, salt, rosemary, lemon zest, chili flakes and a good grind of black pepper together until smooth, then set aside, covered, for a minimum of two hours. Preheat oven to 475°F, with a shelf towards the top of the oven (either the top shelf, or next one down) and a shelf in the middle.

Wash broccoli and trim off any tough or knobby bits from the stalk. Chop florets and stems into even sized pieces. Put them in a bowl, pour over coconut oil and toss gently to coat. Tip out onto a baking tray, season well with salt and pepper, then put in the oven on the middle shelf. When the broccoli has been cooking for 10 minutes, heat your frypan (skillet) to a very high heat. Add 3 tbsp coconut oil, and

when it reaches smoking point, quickly pour in the farinata batter. The oil will swirl around and through the batter, leaving some on the surface. Carefully transfer the hot pan to a high shelf in the oven, and switch the oven to broil. Toss the broccoli on the sheet pan. Let the farinata cook for 10-12 minutes, or until deeply golden and pulling away from the edges of the pan. It shouldn't jiggle. Don't be concerned if it puffs up while cooking, it will flatten again when removed from the oven. Remove farinata and broccoli from the oven. Pile charred broccoli on top, sprinkle with capers and parsley, a good grind of black pepper, and squeeze fresh lemon juice over everything. Slice into wedges and serve immediately, while everything is hot.

Recipe from Quite Good Food