

# Lagane and chickpeas

## (by Unione Regionale Cuochi Calabria)

Serves 6 to 8

### Chickpeas

◆ 1 pound dried chickpeas ◆ 1/2 teaspoon baking soda ◆ Pinch dried fennel seeds ◆ 3 fresh bay leaves  
◆ 2 garlic cloves, crushed and peeled ◆ 1/4 teaspoon black peppercorns ◆ 1 fresh rosemary sprig ◆  
Kosher salt

### Lagane

◆ 3 1/4 cups durum wheat flour, plus more for working the dough ◆ 3/4 cup water ◆ 2 tablespoons extra  
virgin olive oil ◆ Kosher salt Finish ◆ 4 ounces slab bacon, diced ◆ 3 tablespoons extra virgin olive oil,  
plus more for drizzling 1 fresh rosemary sprig ◆ 2 fresh bay leaves ◆ 1 dried or fresh chili pepper

### Method

1. For the chickpeas, combine in a large bowl with the baking soda and cover with abundant cold water. Soak in the refrigerator overnight. Drain and rinse very well. Place them in a pot with plenty of water and add the fennel, garlic, bay leaves, peppercorns and rosemary. Simmer until chickpeas are tender, about 1 hour. Season with salt.
2. Meanwhile, combine the flour, water, oil and a pinch of salt in large bowl and mix to form a dough. Dust the counter with flour and knead the dough until firm and elastic. Cover and let it rest on the counter for about an hour. Divide the rested dough into 4 pieces. Roll out to sheets about 1/8-inch thick. Cut into thick strips, approximately 1/2-inch wide and 3 inches long. Sprinkle the lagane with a little flour to prevent them from sticking together and let them dry on your work surface for while you make the sauce.
3. To serve, bring a large pot of salted water to boil. Drain the chickpeas, reserving 2 cups of the cooking water. Take a few tablespoons of the chickpeas and mash them up with a fork until they are creamy. Keep the puree aside.
4. To finish, fry the pancetta in the olive oil in a large skillet until golden. Add the rosemary sprigs, chili, bay leaves and drained chickpeas. Add the cooking water and puree and bring to a simmer. Simmer to blend the flavours, about 10 minutes.
5. Cook the lagane in the boiling water, when al dente, drain and add to the chickpea sauce. Drizzle with olive oil and season with salt.
6. Toss to combine, adding the remaining chickpea cooking liquid if it seems dry. Serve immediately.

Source: "Il viaggio di Lidia Bastianich in Calabria"

Food and wine itinerary