

Mesciua – Italian recipe from Liguria



Ingredients - 6 persons

- 300 g dry chickpeas
- 300 g dry cannellini beans
- 100 g spelt (or soft wheat)
- baking soda
- extra virgin olive oil
- salt
- pepper

Step 1

Soak the beans in a bowl, covering them generously with lukewarm water and a pinch of baking soda.

Step 2

Pour the spelt and chickpeas into another bowl, and cover them also with lukewarm water and a pinch of baking soda. Let everything soak for at least 12 hours.

Step 3

Drain the chickpeas and spelt about 4 hours before lunch, put them in a pot with cold, lightly salted water, bring to a boil and cook for about 2 hours.

Step 4

Cook the beans separately after draining them: they are cooked in a separate pot because they require a shorter cooking time; moreover, this way the flavors of both legumes remain more distinct. Boil them in slightly cold water for about 1 hour and 30 minutes.

Step 5

Then add the beans, with some of their liquid, to the pot with the chickpeas and spelt, until you have a total of about 1 and a half liters of liquid. Adjust the salt and cook for another 15 minutes to blend the flavors. Pour the mesclun into a soup tureen. Each diner will season their portion directly in the plate with a drizzle of extra virgin olive oil and a grind of pepper.