

Cicerchia Soup on Sasasunakku.com

1 small onion, diced (or a leek, chopped in half and rinsed of dirt, then sliced thinly)

1/2 medium courgette, diced (you could use celery too, or both)

1 small carrot, diced

A slice of bacon, finely chopped (I used speck but you could also leave it out - if you do, chucking a parmesan rind in while simmering can ramp up the umami factor)

2 cloves of garlic, minced

100 grams of dried beans, soaked and cooked or a can of beans, rinsed

A sprig of rosemary or thyme, or a sage leaf

A litre of chicken or vegetable stock, or water

Fry the bacon in a bit of olive oil until the fat is rendered and then sweat the onion, courgette, carrot and garlic over medium low heat with a bit of salt and pepper (less if you use bacon) until translucent, about 10 minutes.

Add the liquid and herbs (and parmesan rind, if using) and bring to the boil. Lower heat and simmer for another 5 minutes, then add the beans and simmer for a further 10.

Ladle into shallow bowls, drizzle with a cold pressed olive-oil and serve with plenty of bread - and butter, if you're so inclined (I am).