

### Ingredients for 4 people



300 grams dried chickpeas (or beans or tomato sauce watery left)

- Local extra-virgin olive oil
- Garlic
- 4 tinned peeled tomatoes
- Salt
- Hot pepper

### Instructions:

Prepare the dough with flour and warm water until to obtain a smooth and consistent pasta; then spread it using a rolling pin to get a thin pastry rolled up on itself from which cut out some strips of about half centimeter large.

Leave dried chickpeas to soak the night before; after rinsing out with abundant cold water put them to cook, in a clay pot, for about two hours in abundant water lightly salted.

Apart fry oil, garlic, tomatoes cut in pieces and red pepper; when chickpeas are half cooked add the browned.

Then cook the *làgane* in abundant salt water and when it's almost ready add to chickpeas, mixing on the stove.

Serve hot.

### Advices

The *làgane* can be used also for other recipes of Grumento's tradition: can be prepared with **cooked beans in clay pot**

, using a similar procedure to that used for chickpeas, or also with

**watery tomato sauce**

, not too concentrate. In the Ascension Day is still saved the using to prepare

*làgane*

with

**milk**

: cooked in abundant water, drained and added to the boiling milk. In this case,

*làgane*

are called

*tagliolini*

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