

CECE NERO BIO



CODE 96277

COUNTRY OF ORIGIN Italy, Umbria

WEIGHT 500 g

Black chickpeas grown organically by the BioAlberti company

DESCRIPTION	Organic black chickpeas
APPEARANCE	Wrinkled seeds of black color
TASTE	The flavou recall those of common chickpeas
PRODUCER	BioAlberti - Poggio Aquilone (TR) - Umbria
OUR SELECTION	BioAlberti is an entirely organic agricultural company, immersed in the rolling Umbrian hills in the locality of Poggio Aquilone and extends over an area of 560 hectares between the province of Perugia and the province of Terni
CURIOSITY	Black chickpeas are a variety of chickpeas typical of the Mediterranean area. The history of these legumes has its roots in the ancient civilizations of the Egyptians and Greeks. Chickpeas are also mentioned in Galen's treatise "On the properties of food" (180 AD) where, the Greek physician, describes the properties of the legume also giving it some aphrodisiac benefits; even the ancient Romans appreciated chickpeas, which they used to consume fried
SUGGESTIONS	They are delicious when boiled and then lightly fried; to soak for 24 hours and cook for 2 hours