

ZUPPA GHIOTTA BIO



CODE 96287

COUNTRY OF ORIGIN Italy, Umbria

WEIGHT 350 g

Soup of pearl spelled and hulled chickpea grown organically

DESCRIPTION	Soup of cereals and legumes
APPEARANCE	Typical of the ingredients that make up the mix
TASTE	Sweet and balanced, with notes of toasted cereals
PRODUCER	BioAlberti - Poggio Aquilone (TR) - Umbria
OUR SELECTION	BioAlberti is an agricultural company, entirely organic, 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	Einkorn pearl spelled soup, millet and peeled peas, highly digestible and with a low gluten content
SUGGESTIONS	It does not require soaking. For a tasty recipe we recommend washing the soup, browning a sautéed in EVO oil with fresh marjoram and adding the soup to toast and release all the aromas of cereals and legumes. Then add the tomato and after 5 minutes, add the soup and vegetable product until cooked, about 50 minutes. With the fire off, add chopped parsley, a drizzle of oil, flaked pecorino cheese and some croutons