

Zuppa dell' Osservatore- Vegan

Ingredients for 4

120 gr of barley

1 White onion

1 Red onion

2 Shallots

1 Celery

200 gr of boiled chickpeas

2 Boiled carrots

150 gr of boiled chestnuts

5 tablespoons of Basil crushed with mortar with 4 spoons of olive oil (cold pressed)

2 teaspoons of fresh oregano

12 Grains of Pink Pepper

1 teaspoon of freshly ground black pepper

1 teaspoon of fine sea salt

1 Lt of Vegetable Broth (Carrot, Celery, Potato and Tomato)

2 tablespoons of tomato concentrate

½ Glass of Brandy

Preparation :

Chop the Onions, the Celery and the shallots coarsely, place them in a Wok to stew for 4 minutes with a glass of water with strong flame, pour the olive oil and fry for 6 minutes, pour the Brandy, add the Oregano, the Pink Pepper and the Tomato Concentrate and cook at medium flame for another 3 minutes, add the chickpeas, chestnuts and barley and pour ladles of vegetable stock until you cover them, you do cook for 20 minutes taking care to pour some ladles of broth. When it is about to dry, add the boiled carrots cut into thin slices, salt, black pepper and basil pesto and 4 spoons of olive oil, cook for another 2 minutes and serve hot.